February is Heart Healthy Month

Having a “right” heart not only has spiritual meaning, but physical implications also. Research shows that heart disease is a leading cause of premature death. What are you doing to keep your heart “right” spiritually and physically?

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” John 14:27
What is Cardiovascular Disease?

Cardiovascular disease is a disease of the heart and blood vessel system.
*This includes: Heart Disease, Angina (Chest Pain), Stroke and High Blood Pressure.

What are the symptoms of a heart attack?

CALL 911 Immediately

**Common Heart Attack Warning Signs**

- Jaw, neck or back pain
- Discomfort or pain in arm or shoulder
- Shortness of breath
- Lightheadedness, nausea or vomiting
- Pain or discomfort in chest
How to have a healthy heart!

- Aim for seven hours of sleep daily.
- Keep your blood pressure in the healthy range.
- Cut back on fried foods.
- Find out if you have diabetes and if you do, keep your glucose in the healthy range.
- Aim for 30 minutes of some sort of physical activity each day.
- Cut back on sodas, sweets & junk food.
- Ditch the tobacco—real & electronic!
- Are you at a healthy weight?
- Do more of what you love....
Upcoming Events

Check.Change.Control

Starts January 30, 2019 at 4:30pm.
4 class series on ways to control your blood pressure

Daniel Plan

Started January 2019

See Matt Loper or Ashley Neat for more details

Gentle Yoga/Chair Exercise Training

Tuesday, March 5, 2019 at Adair County Health Department, 11am-5pm

Call 606-787-6911 EXT 7270 to reserve your seat

Cooking Matters/Shopping Tour Training

Wednesday, March 6, 2019 at Adair County Health Department, 11am-5pm EST

Call 606-787-6911 EXT 7270 to reserve a seat

5K

Saturday, April 13, 2019.

See Matt Loper or Ashley Neat for more details

Biometric Screenings

Saturday, April 13, 2019 7am-12 noon EST

Tuesday, April 16, 2019 2pm-7pm EST

Wednesday, April 17, 2019 7am-12 noon EST