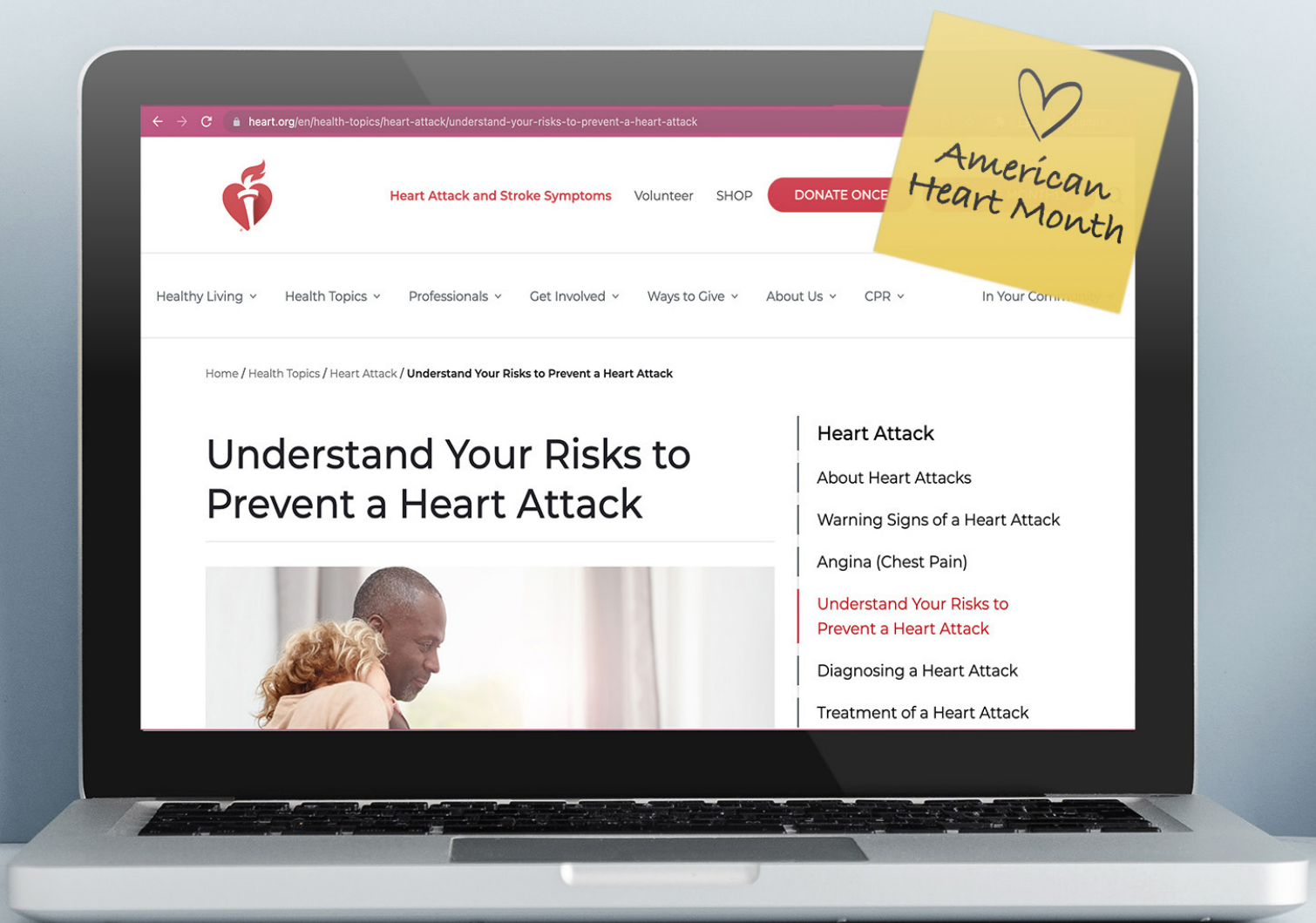


Love and Learn This February

Articles and blogs to share with your members during American Heart Month



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Articles and blogs to share with your members during American Heart Month

To help promote heart health to your members during American Heart Month, here are a few articles and blog posts that you can share. You can send them via email, add them to your intranet, post them on your LinkedIn, etc.

Title	Site	Link
5 Things to Know About Heart Disease and Signs You Have it	Eat This, Not That!	https://www.eatthis.com/things-to-know-about-heart-disease-and-signs-you-have-it/
Understand Your Risks to Prevent a Heart Attack	American Heart Association	https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack
5 Potentially Fatal Cardiovascular Health Mistakes that Dads (and Men) Make	Hello Heart Blog	https://www.helloheart.com/post/5-potentially-fatal-cardiovascular-health-mistakes-that-dads-and-men-make
I'm a Doctor and Here's How to Tell if You Have High Cholesterol	Eat This, Not That!	https://www.eatthis.com/i-am-a-doctor-and-heres-how-to-tell-you-have-high-cholesterol/
Women — Don't Ignore These Heart Attack Symptoms	Hello Heart Blog	https://www.helloheart.com/post/women-dont-ignore-these-heart-attack-symptoms
Taking your blood pressure meds may reduce risk of dementia	CNN Health	https://www.cnn.com/2022/10/28/health/blood-pressure-dementia-wellness