

February Is ...

AMERICAN HEART MONTH



- For more information:
 - American Heart Association
(800) AHA-USA-1
www.americanheart.org

Have a Heart Stop a Killer!

- Control your high blood pressure, blood cholesterol and diabetes
- Don't smoke
- Maintain a healthy weight
 - Choose a healthy diet
 - Stay active - exercise
- Take your medication



Manalapan Township Health Department
www.mtnj.org • (732) 446-8345