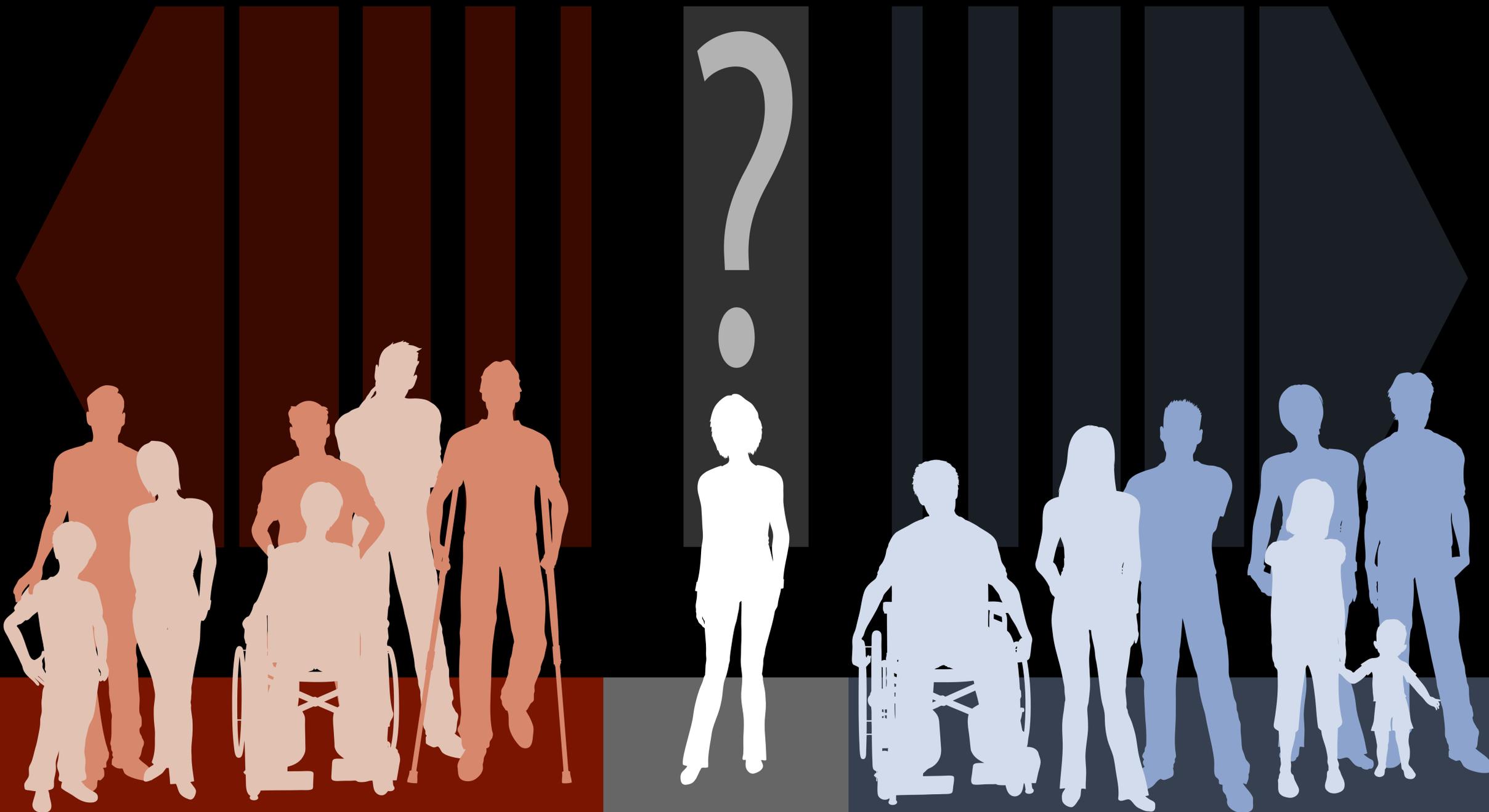


Make February the month you care for your heart (and others').



5 ways to recover from a heart attack*

1. Stop smoking
2. Get active
3. Eat a heart-healthy diet
4. Maintain a healthy weight
5. See your doctor for regular check-ups

**THE
CHOICE
IS
YOURS**

5 ways to prevent a heart attack*

1. Stop smoking
2. Get active
3. Eat a heart-healthy diet
4. Maintain a healthy weight
5. See your doctor for regular check-ups

*Sources: Cleveland Clinic and Mayo Clinic Websites