FEBRUARY IS AMERICAN HEART MONTH

According to the CDC, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. One person dies every 33 seconds from cardiovascular disease

Tips to Protect Your Heart

- Reduce Salt Consumption
- Choose Healthy Food and Drinks
- Control Your Blood Pressure
- Don't Smoke
- Exercise Daily
- Maintain A Healthy Weight

DEPARTMENT OF HEALTH · VILLAGE OF RIDGEWOOD

VILLAGE OF RIDGEWOOD