

Wellness Tip

HEART HEALTH

Every year 1 in 4 Americans die of heart disease. The good news? It can be prevented with healthy lifestyle choices!

Learn more about pre-existing conditions that you or your family members may have that effect heart health.

- ♥ [Arrhythmia](#)
- ♥ [Cholesterol](#)
- ♥ [Congenital Defects Children and Adults](#)
- ♥ [Heart Attack](#)
- ♥ [Heart Failure](#)
- ♥ [High Blood Pressure](#)
- ♥ [Stroke](#)
- ♥ [Vascular Health](#)

Here is the key to keeping your heart healthy!

Click on the links below to learn some tricks and tools to heart health from the American Heart Association.

♥ [Healthy Eating](#)



♥ [Active Living](#)



♥ [Weight Management](#)



♥ [Stress Management](#)



♥ [Quit Smoking](#)



♥ [Healthy Home and Kids](#)

