

February 2016

Sullivan Benefits



American Heart Month

Cardiovascular disease—which includes heart disease, stroke and high blood pressure—is the leading cause of death in men and women in the United States.

The good news is that by controlling a variety of risk factors, you can help keep your heart healthy. Here are a few steps you can take to protect your heart:

- Eat a healthy, balanced diet (see [American Heart Association Nutrition Basics](#)).
- Include physical activity in your daily routine, at least 30 minutes per day, five times per week.
- Maintain a healthy weight.
- Avoid tobacco products, such as cigarettes.
- Manage diabetes, high cholesterol and high blood pressure according to your doctor's recommendations.
- Learn how to [manage stress](#).

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

American Heart Month – www.heart.org
 AMD/Low Vision Awareness Month – www.preventblindness.org
 International Prenatal Infection Prevention Month – www.groupbstreptinternational.org
 Teen Dating Violence Awareness Month – <http://teendvmonth.org/2015/>
 National Children's Dental Health Month – www.ada.org
 African Heritage & Health Week (1-7) – www.oldwayspt.org/programs/African-heritage-health/African-heritage-health-week

World Cancer Day (4) – www.worldcancerday.org
 Give Kids a Smile Day (5) – www.ada.org/en/public-programs/give-kids-a-smile
 National Wear Red Day (5) – www.nhlbi.nih.gov/health/educational/hearttruth/materials/wear-red-toolkit.htm
 National Black HIV/AIDS Awareness Day (7) – <http://nationalblackaidsday.org/>
 Congenital Heart Defect Awareness Week (7-14) – <http://tchin.org/default.aspx>
 National Donor Day (14) - www.organdonor.gov
 National Eating Disorder Awareness Week (21-27) – <http://mentalhealthscreening.org/programs/initiatives>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 African Heritage & Health Week	2 Groundhog Day	3	4 World Cancer Day	5 National Wear Red Day Give Kids a Smile Day	6
7 National Black HIV/AIDS Awareness Day Congenital Heart Defect Awareness Week	8	9	10	11	12	13
14 Valentine's Day National Donor Day	15 Presidents Day	16	17	18	19	20
21 National Eating Disorder Awareness Week	22	23	24	25	26	27
28	29					

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