









A Healthy **HEART** is a happy heart







February is American Heart Month

Understand what puts you at risk of heart disease and how you can prevent it.

Causes

-  High Cholesterol
-  Diabetes
-  Hypertension
-  Smoking
-  Poor Diet
-  Inactivity

Prevention

-  Exercise Regularly
-  Eat a Healthy Diet
-  Reduce Your Stress
-  Quit Smoking
-  Start an Aspirin Regimen
-  Take CoQ10 Daily

Talk to the pharmacist about what you can do to lower your risk of heart disease today.