



February - American Heart Month

Heart disease is the leading cause of death for both men and women. Every year, 1 in 4 deaths are caused by heart disease. To help prevent heart disease and increase awareness of its effects, **First Morning Star Baptist Church** is proudly participating in **American Heart Month**.

Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information, see **brochures available on the table in the church library or see the editor of this newsletter.**