

### **It's American Heart Month**

February is National Heart Month. Chances are we all know someone who has been affected by heart disease and stroke. The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. More...

<http://newsroom.heart.org/events/february-is-american-heart-month-6669831>

### **Cooking for the Family**

It can be difficult to instill heart healthy habits in your young ones – especially when it comes to nutrition. Today, about one of three American kids and teens are overweight or obese, which is naturally speeding up the health issues that were not previously seen until adulthood. Check out the website to see how to cook heart-healthy meals for for the entire family. More...

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/live-healthy/cooking-for-the-family/>

### **Is Your child a Phone Addict?**

Keeping your heart emotionally healthy is as important as keeping it physically healthy; and sometimes our digital usage gets in the way of that. Be honest with yourself about your own digital usage and how much of your children's use may be modeled by you. More...

[New York Times Article: Is your child a phone "addict"?](#)