American Heart Month

Blog, Social

[Social Media Template](https://www.canva.com/design/DAF5hYZ8ZpE/7UCH2mpqtTSlisFc06o6UA/view?utm_content=DAF5hYZ8ZpE&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview)

## Blog: February is American Heart Month

American Heart Month is an important reminder of just how vital heart health is for a healthy life and helps raise awareness of heart disease and the ways we can learn about and move towards healthy heart habits. Heart disease is the leading cause of death in the U.S. every year, with over 600,000 people dying from heart disease every year.

This month is all about understanding more about the risk factors for heart disease and what you can do to promote healthy heart health in your life. Risk factors include high blood pressure, high cholesterol, and physical inactivity. There are a number of ways you can take care of your heart, including eating a heart-healthy diet, getting regular exercise, and prioritizing quality sleep.

[INSERT HOSPITAL NAME] is committed to improving the health of our community, and your heart health is important to us.

A healthy lifestyle includes promoting good heart health, and we are dedicated to providing you with the resources and care you need to live a healthier life, today.