

EXCEPTIONAL NEWS

FEBRUARY 2025

American Heart Month

February is heart awareness month. Heart disease is the leading cause of death for both men and women. It's a time to focus on cardiovascular health and raise awareness about heart disease. This month serves as a reminder to prioritize heart-healthy habits like eating nutritious foods, staying active, managing stress, and scheduling regular health check ups.



Tips for Heart Health

- **Manage Stress.**
- **Eat a Heart-Healthy diet, including whole fruits and veggies, nuts and seeds, and whole grains.**
- **Move your body more! Taking walks throughout the day can manage stress.**
- **Increase activity.**

Upcoming Calendar Events

Feb. 13: Pre- Valentines Bash 2:30-4:30 P.M.

Feb. 25: EFMP Support Group 6-7 P.M.

Feb. 27: Sensory Play Date 3-4 P.M.

ACS Building 7709

Registration is required

Email: Anesia.R.Iszard.Civ@Army.Mil



Alone we can do so little; together we can do so much. (Helen Keller)