

## Topic: Caring for your Heart

Red in February – not just for Valentine's day!

February is also national heart disease awareness month since 1963!

You might already know that heart disease is the #1 cause of death, and that we are all united – affects all ages, genders, ethnicities.

The good news is that every person can take action to improve heart health, both for you and those you love! Click the links for more information.



Article Links:

CDC: <https://www.cdc.gov/heartdisease/about.htm>

Carle Newsroom: <https://carle.org/Newsroom/Staying-Healthy/2021/02/Act-now,-prevent-issues-later-with-these-4-heart-h>

Faith Community Health at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email [FaithCommunityHealth@carle.com](mailto:FaithCommunityHealth@carle.com).



Carle Faith Community  
Nursing Network