



**OUR MISSION TO FIGHT HEART DISEASE IN WOMEN- MAKE IT YOURS!**

**February 3, 2012....**Wearing red today and every Friday for the rest of the month

**February 10, 2012....**A Healthy Pot Luck for staff, with **HEART** healthy dishes to pass.

**February 17, 2012...**The Nursing staff will be providing blood pressure checks to staff who are interested.

**February 24, 2012...** A Heart Healthy Quiz!

