

Sunday Morning

Health Corner

Heart Health Month

Heart disease is the leading cause of death for all American adults, regardless of race, age, or region. During February, ask yourself (and your loved ones):

Is my lifestyle heart-healthy?

- ✓ **Balanced diet**
- ✓ **Regular exercise**
- ✓ **Stress management**
- ✓ **No smoking or vaping tobacco or marijuana**
- ✓ **Yearly screening of blood pressure and cholesterol**

As Black Americans, let's stay educated about aspects of heart disease that hit our communities especially hard. Learn how we can better protect the heart health of our kids, parents, and partners. Learn more at BlackDoctor.org.



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