



# FEBURARY IS

# AMERICAN HEART MONTH

## DO YOUR PART

- DAILY EXERCISE FOR AT LEAST 30 MINUTES
- SLEEP 7-8 HOURS A NIGHT
- TAKE YOUR MEDICATIONS AS PRESCRIBED
- KEEP YOUR MEDICAL APPOINTMENTS
- DASH DIET- FRUITS, VEGETABLES, WHOLE GRAINS
- COMMUNICATE WITH YOUR HEALTH CARE PROVIDERS

# LAKE ERIE COLLEGE OF OSTEOPATHIC MEDICINE

VISIT [HEART.ORG](http://HEART.ORG) OR [GOREDFORWOMEN.ORG](http://GOREDFORWOMEN.ORG) FOR  
MORE INFORMATION



Created by: Student Pharmacist Tyjanae Maloney-  
Operation Heart chair  
in collaboration with  
Student Doctor Samantha Slawson