

TAKE CARE OF YOUR HEART WITH LIVE WELL FOR YOUR HEART

February 8, 2021– February is American Heart Month and the Live Well for Your Heart Program invites residents of Mecosta and Lake Counties to connect with others and participate in free programs to reduce the risk of heart disease.

Heart disease can be prevented, which is why focusing on improving your heart health is so important. Making connections with other people and having close, positive relationships in your life not only benefits your overall health, but your heart health too.

The Live Well for Your Heart Program provides the opportunity for participants to connect with others to reduce their risk for heart disease and access health care services and programs to increase physical activity, achieve weight management, receive dental health care, prevent diabetes, and quit tobacco use.

This February, put into action one or more of these tips to begin a journey towards a healthier lifestyle:

- Invite a friend, coworker, family member to walk with you on a regular basis.
- Ask a friend, coworker, or family member to join you in your effort to eat healthier.
- Find a friend, coworker, or family member willing to work towards a healthy weight with you.
 - Think about joining the Spectrum Health Fit 4 U Weight Management program, call 231-592-4204 for more information.
- Participate in a relaxing activity every day such as yoga or meditation or join an online stress-management program.
- Call a District Health Department #10 Tobacco Treatment Specialists, 231-305-8673 in Mecosta County or 231-316-8558 in Lake County, for support to quit smoking.

Visit <https://www.livewell4health.org/livewell-for-your-heart> to see what others in your community are doing for their heart health. District Health Department #10, Baldwin Family Health Care, Spectrum Health Big Rapids Hospital, My Community Dental Centers, and Ferris State University are working together on the Live Well for Your Heart Program to reduce heart disease in their communities and provide resources to help community members live healthier lives.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number D04RH31633 Rural Health Care Services Outreach Grant Program in the amount of \$200,000. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.

###

MEDIA CONTACT:

Jeannine Taylor
Communications/PIO
521 Cobb St.
Cadillac, MI 49601
O: 231-876-3823
C: 231-920-4998
jtaylor@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



P: 888-217-3904



www.dhd10.org



healthdept10