



Be Well. Care Well.

# Be Well Bulletin



## Love Your Heart: Heart Health Awareness

**February** is **Heart Health Month**, a time dedicated to raising awareness about cardiovascular well-being. Prioritizing heart health is crucial not just for preventing heart disease but also for enhancing overall well-being. A healthy heart significantly contributes to your quality of life, providing you with the energy and vitality necessary for daily activities. Simple lifestyle changes, such as incorporating regular exercise, maintaining a balanced diet, and managing stress, can have profound effects on your heart's health. As we embrace **Heart Health Month**, let's commit to nurturing our hearts and, in turn, our overall well-being.

Join us in celebrating **Heart Health Month** by participating in community events and educational sessions designed to empower you with the knowledge and tools for a healthier heart. Look out for workshops on nutritious meal planning, stress-relief techniques, and the benefits of physical activity. Additionally, consider scheduling a check-up with your healthcare provider to monitor your heart health and discuss any concerns you may have. **Remember, taking small steps today can lead to a healthier tomorrow. Let's make heart health a priority and inspire those around us to do the same.**

### UPCOMING TRAININGS

**Clemson Thinkshops:  
Building Healthy Relationships in the Workplace**

February 4, 2026  
6:30 PM - 7:30 PM

**SC Thrive:  
Financial Health 103**

February 12, 2026  
6:30 PM - 8:00 PM

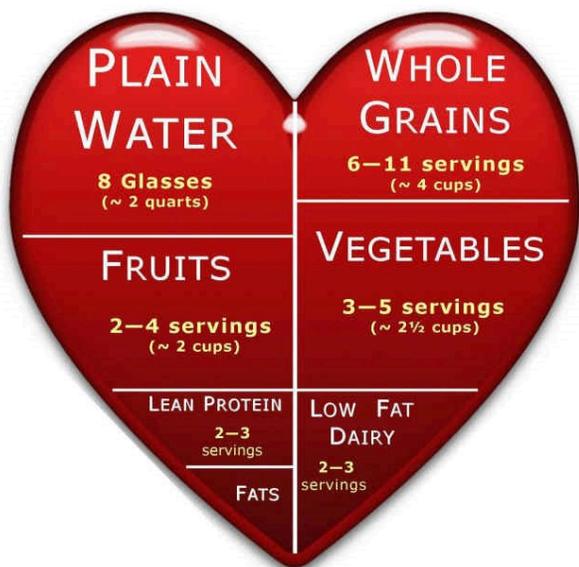


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### Did You Know?

- Our hearts beat an average of 100,000 times a day.
- The heart is the strongest muscle in our bodies.
- Our heart pumps 2,000 gallons of blood a day.
- Heart disease is the #1 cause of death in the United States

Source:  
<https://www.templehealth.org/about/blog/10-interesting-heart-facts-you-may-not-know>

Scan here for a variety of heart healthy recipes!



## The Warning signs of a Heart Attack

### Heart Attack

Signs and symptoms in women and men



- Chest pain or discomfort
- Shortness of breath
- Pain or discomfort in the jaw, neck, back, arm, or shoulder
- Feeling nauseous, light-headed or unusually tired



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