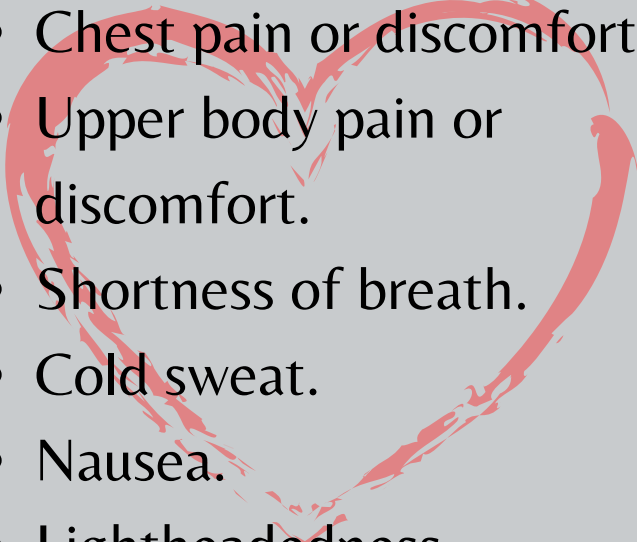


AMERICAN HEART MONTH

Know These Signs of a Heart Attack:

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- Chest pain or discomfort.
 - Upper body pain or discomfort.
 - Shortness of breath.
 - Cold sweat.
 - Nausea.
 - Lightheadedness.

One of the best ways to lower your risk of Heart Disease is by simply moving more. As little as 60 minutes of moderate-intensity aerobic exercise a week can help your heart, but to see major health benefits, aim for 150 minutes a week. Being active can protect your heart, improve blood flow, lower Blood Pressure and Cholesterol levels, give you more stamina and help you cope with stress.

MENTAL HEALTH CORNER

Know the Warning Signs of Teen Dating Violence:

- Possessiveness.
- Invasions of privacy.
- Explosive tempers.
- False accusations.
- Extreme jealousy or insecurity.
- Refusal to take responsibility for problems in the relationship.
- Telling the other person what they can and cannot do.
- Constant belittling or put downs.
- Isolation from family and friends.
- Physically inflicting pain or hurt in any way or threatening to do so.

Can't carve out a lot of time in your day? Don't **chuck** your goal, **chunk** it! Try 10 minutes a few times a day, for example.

