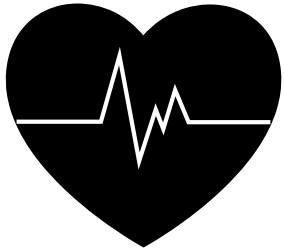


**GET YOUR HEART HEALTHY  
THIS VALENTINE'S DAY!**



**NUTRITION**

Choose low-fat foods and those that are low in salt. Eat plenty of fruits, vegetables, and foods high in fiber like those made from whole grains.

**WEIGHT MANAGEMENT**

Try to get at least 30 minutes of moderate-intensity activity on most or all days of the week. Break it up into 10-minute sessions to get started.

**STRESS MANAGEMENT**

Laughter, physical activity, and organizing your thoughts can be healthy and effective stress-management techniques.

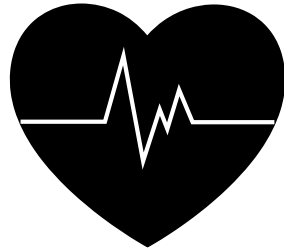
**QUIT SMOKING**

Smoking can damage artery walls. Quitting, even in later life, can over time lower your risk of heart disease and cancer. Ask your pharmacist for tools to help you quit.

Brought to you by this pharmacy and the National Community Pharmacists Association



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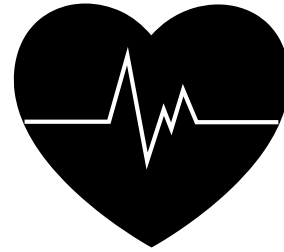
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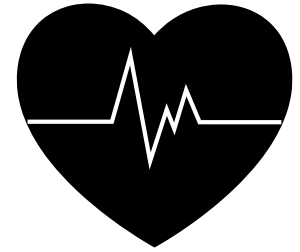
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