

NATIONAL

HEART MONTH



6 Tips to Protect Your Heart



Reduce Salt Consumption



Choose Healthy Food



Limit Alcohol Consumption



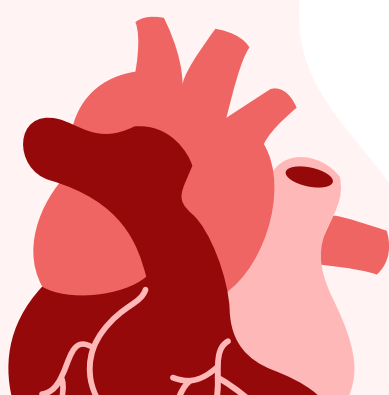
Don't Smoke Cigarette



Do Daily Exercise



Maintain A Healthy Weight



FOR MORE INFORMATION

Contact your Wellness Coordinator Jadyne Gentleman

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