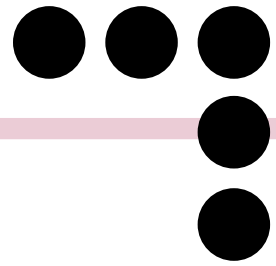


# STOP & THINK



Do you:

- Eat healthy?
- Exercise regularly?
- Have good total cholesterol ( $\leq 200$ )?
- Have good blood pressure ( $\leq 120/80$ )?
- Have a family history of heart disease?

If you said no to most of these you could be at risk for heart disease. If you think you are at risk, see a health professional.

*February is American Heart Association Month*