



February webinars from Better You

Take control of your heart health this American Heart Month! Join our February webinars to gain knowledge and tools to prevent heart disease, manage high blood pressure, and create a personalized heart-healthy plan. Discover the power of food as medicine and learn practical tips for adopting a lifestyle that supports your overall cardiovascular well-being.



Register by pointing your smart phone camera to the QR code, or click on the topic to get your unique URL to attend.

 **BetterYou**

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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