

February

Heart Health Month

Understanding risk factors for heart disease and how to live a heart-healthy lifestyle are a part of practicing self-care. Start a conversation with your doctor about your heart health.

Black History Month

This year's month-long theme is "African Americans and the Arts." Take time to honor the many ways Black Americans have helped to shape our nation's music, arts and culture.



Prevent, Prevent, Prevent!

Practicing a lifestyle that can help prevent diabetes, can also help prevent heart disease. The Lark diabetes prevention program can help you reach your health goals.



Lark.com/KEHP



National Girls & Women in Sports Day

Starting exercise habits early has amazing lifetime benefits. Encourage a girl or woman you care about to get active—perhaps by joining a sports team!



Random Acts of Kindness Day

Acts of kindness help others feel cared for and included. Do something nice for someone today! (Hint: You're someone, too.)



National Love Your Pet Day

Is your best friend furry, feathered or scaled? Pamper them to say "thank you" for the way they help lower your stress and improve your heart health.



National Pistachio Day

Eating pistachios or other nuts can reduce heart disease risk. Add a handful to your routine 4-6 times per week (about 1.5 ounces or 2 tablespoons nut butter).



Leap Day

An extra day in February every four years keeps our calendar in sync with the earth's rotation around the sun. Wish someone born on this date a happy birthday for real!