

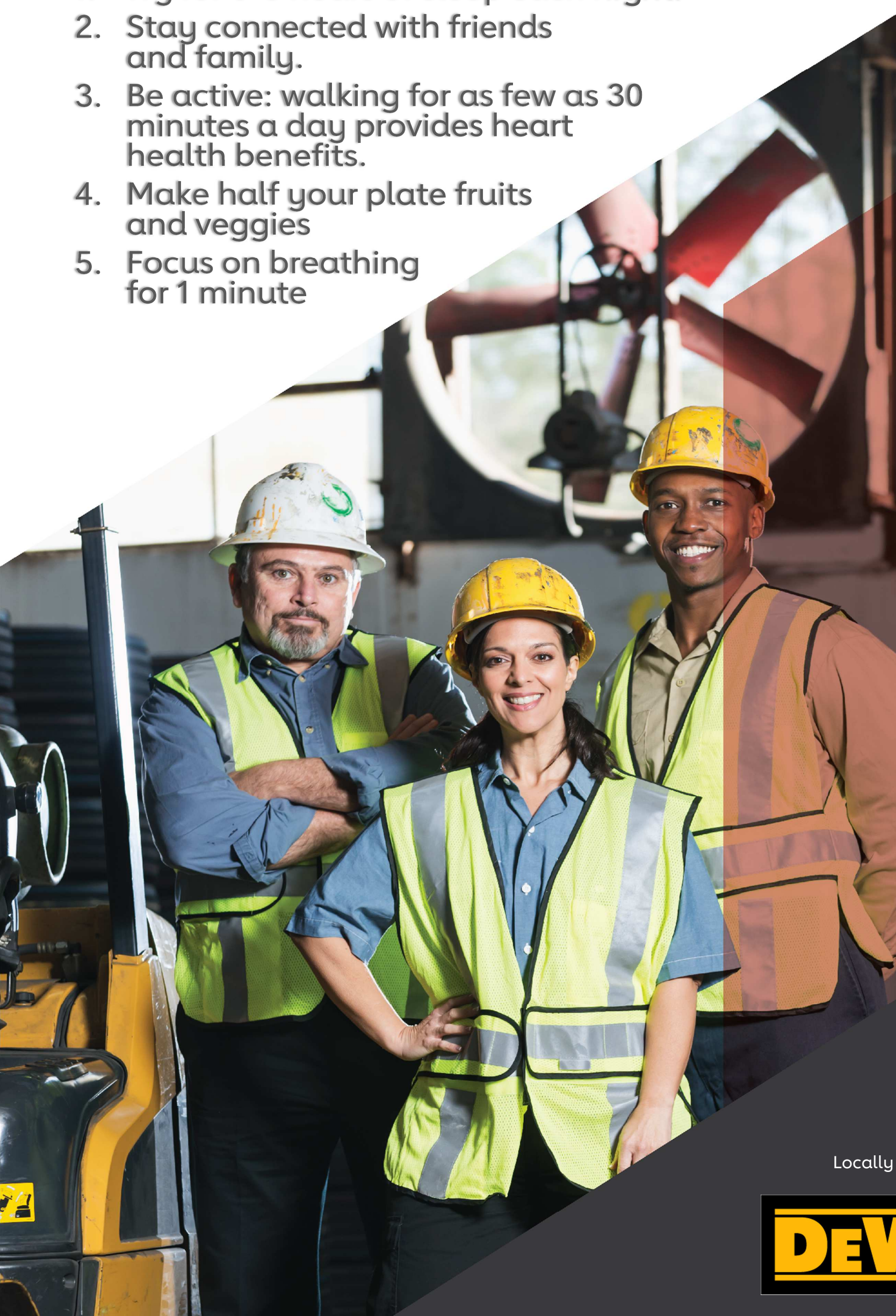


American Heart Association®

Hard Hats with Heart™

STRESS LESS

1. Try for 6-8 hours of sleep each night.
2. Stay connected with friends and family.
3. Be active: walking for as few as 30 minutes a day provides heart health benefits.
4. Make half your plate fruits and veggies
5. Focus on breathing for 1 minute



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