



NEW YORK STATE SENATOR

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## February is National Heart Month

JOHN J. BONACIC February 2, 2017



February is National Heart Month. It's a month to raise awareness about heart disease and important preventative measures. According to the CDC, heart disease is the leading cause of death for both men and women. This February, put your heart first and learn how the small changes, like switching out the salt for another (low sodium) spice and increasing physical activity, can make a big difference.

For more information on what you can do to keep your heart healthy, visit

<http://www.heart.org/HEARTORG/>