

# WELLNESS WEDNESDAY

February 23, 2022



We will be closing out the amazing month of February by celebrating and learning about American Heart Month.

## AMERICAN HEART MONTH

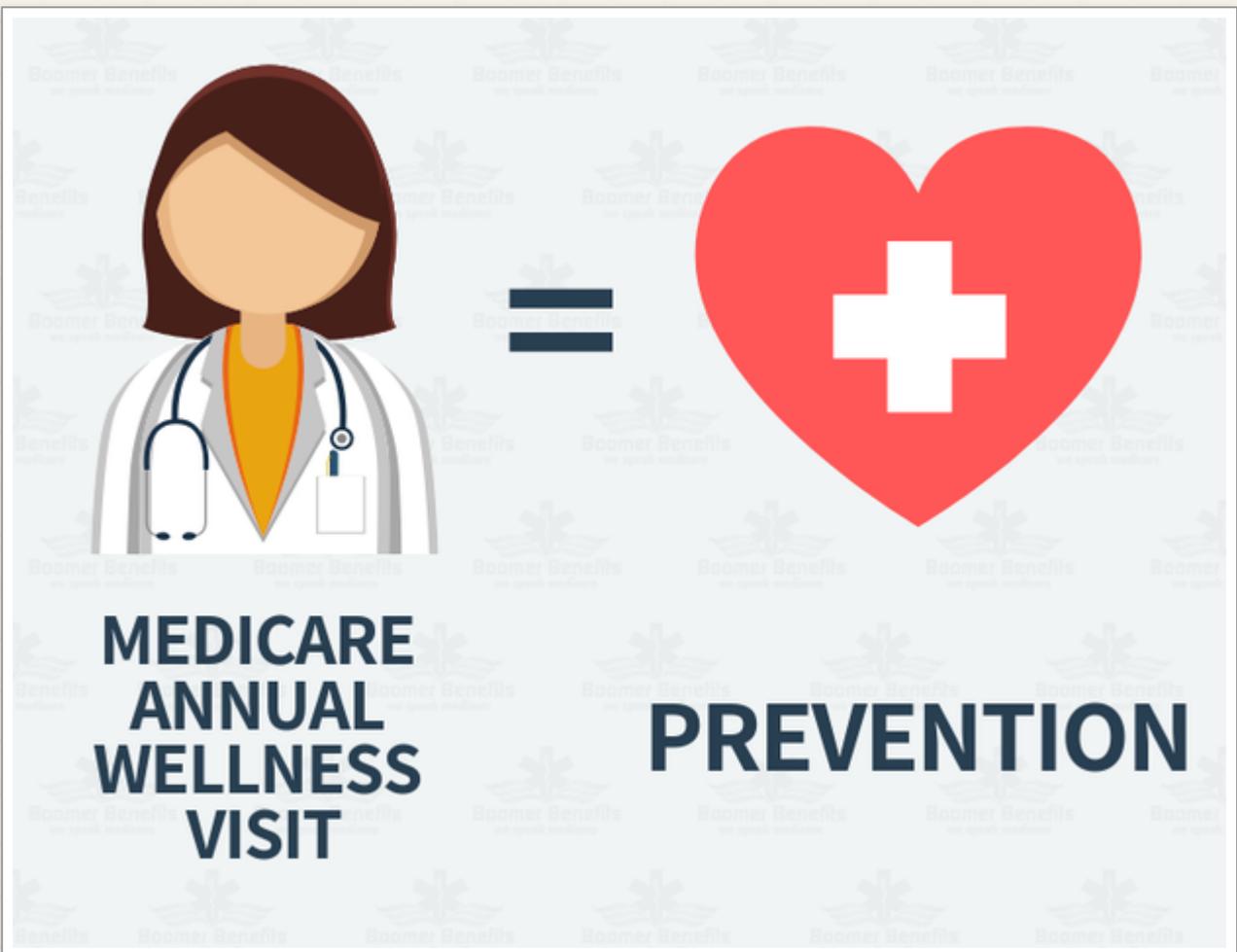


February is American Heart Month. This is a time to be intentional in focusing on our cardiovascular health. The Division for Heart Disease and Stroke Prevention is shining a light on high blood pressure, a leading risk factor for heart disease and stroke for 2022.





## ANNUAL VISIT



It is so important to stay on top of annual medical visits. These are great opportunities to have medical professionals assess our cardiovascular health and any other concerns.

We challenge you to schedule your annual visit if you have not already!

## HEART TO HEART

There are so many amazing toolkits to educate yourself and others on heart health.  
Select the links below to learn more!



**ALLIANCE FOR THE  
MILLION HEARTS®  
CAMPAIGN PARTNER  
TOOLKIT**

**MEASURE YOUR  
BLOOD PRESSURE**

**HIGH BLOOD  
PRESSURE IN KIDS  
AND TEENS**

## LOVE



The heart is a symbol of love. Love yourself and others by promoting intentional awareness about cardiovascular health.

## WELLNESS WEDNESDAY LIVE

Your favorite Wellness Wednesday PROs are going LIVE. We would love the opportunity to provide a platform for you to share anything that may be happening for you or offer suggestions and resources.

### Wellness Wednesday **LIVE**

Did you miss out on Wellness Wednesday Live previously?

Don't worry the **PRO**professionals are coming to you live again TODAY February 23, 2022 at 3:30pm.



# WELLNESS WEDNESDAY LIVE

## WHEN

Wednesday, Feb. 23rd, 3:30pm

## WHERE

This is an online event.

## MORE INFORMATION

Wellness Wednesday LIVE will be VIRTUAL ONLY.

Meeting ID: 386 763 6908

Passcode: GPISD



[CLICK TO JOIN MEETING](#)

**EMPLOYEE ASSISTANCE PROGRAM**



*Topic Suggestions & Feedback*

# *Wellness Wednesday*

*Are there topics you would like to see discussed?  
We would LOVE to hear from you hear from you.*

*CLICK TO SUBMIT*

**CLICK TO SUBMIT**

*Chat with a*



**PRO**



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