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| **[C:\Users\sakara\Downloads\Happy Liberation Day!.png](http://bit.ly/HeartHealthMonthNYC)** | |
| **YOU CAN REDUCE YOUR RISK.**  **TAKE THE FOLLOWING 6 STEPS TO IMPROVE YOUR HEART HEALTH:** | |
| **[C:\Users\sakara\AppData\Local\Temp\wz4c94\1.jpg](http://bit.ly/HeartHealthMonthNYC)** | **KNOW AND CONTROL YOUR BLOOD PRESSURE**  High blood pressure often has no symptoms. [Learn](http://bit.ly/HeartHealthMonthNYC) how and where to check your blood pressure. |
| **[C:\Users\sakara\AppData\Local\Temp\wzf1a9\2.jpg](http://on.nyc.gov/2hFkLzS)** | **BE ACTIVE**  Aim for 30 minutes of physical activity, five days a week. Make NYC your gym or join a [Shape Up NYC](http://on.nyc.gov/2hFkLzS) fitness class! |
| **[C:\Users\sakara\AppData\Local\Temp\wzb4e8\3.jpg](http://on.nyc.gov/2D7Hp1g)** | **EAT HEALTHY, AND LIMIT YOUR SALT INTAKE**  Too much salt can raise your blood pressure. Use [food labels and the sodium icon](http://on.nyc.gov/2D7Hp1g) to find lower-sodium foods. |
| **[C:\Users\sakara\AppData\Local\Temp\wz62f1\4.jpg](http://on.nyc.gov/2g7JOLH)** | **LIMIT YOUR DRINKING**  Stick to 1 drink a day for women or 2 drinks a day for men.  **Concerned about risky drinking?** Seek support for you or a loved one with the NYC [Employee Assistance Program (EAP](http://on.nyc.gov/2g7JOLH)). |
| **[C:\Users\sakara\AppData\Local\Temp\wzc50e\5.jpg](http://on.nyc.gov/2BvKdUf)** | **IF YOU SMOKE, QUIT**  After one year smoke-free, your heart disease risk is cut in half!  **Ready to quit?** The [ESCAPE](http://on.nyc.gov/2BvKdUf) program offers free counseling and medication. |
| **[C:\Users\sakara\AppData\Local\Temp\wz9fa3\6.jpg](http://on.nyc.gov/2o7y6nU)** | **PREVENT DIABETES**  Diabetes increases your risk for heart disease. Find out if you are at risk and learn about WorkWell NYC’s [Diabetes Prevention Program](http://on.nyc.gov/2o7y6nU) (DPP). |
| **WorkWell NYC** is here to help! Visit [bit.ly/HeartHealthMonthNYC](http://bit.ly/HeartHealthMonthNYC) for resources and programs to help keep your heart healthy.  **[C:\Users\sakara\Downloads\Happy (8).png](http://bit.ly/NutritionWebinars)** | |
| **[C:\Users\sakara\Downloads\First Quarter Proposal (2).png](http://on.nyc.gov/2AFumj1)** | |