|  |
| --- |
| **C:\Users\sakara\Downloads\Happy Liberation Day!.png** |
| **YOU CAN REDUCE YOUR RISK.****TAKE THE FOLLOWING 6 STEPS TO IMPROVE YOUR HEART HEALTH:** |
| **C:\Users\sakara\AppData\Local\Temp\wz4c94\1.jpg** | **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** | **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** | **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** | **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** | **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** | **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** |
| **C:\Users\sakara\Downloads\First Quarter Proposal (2).png** |