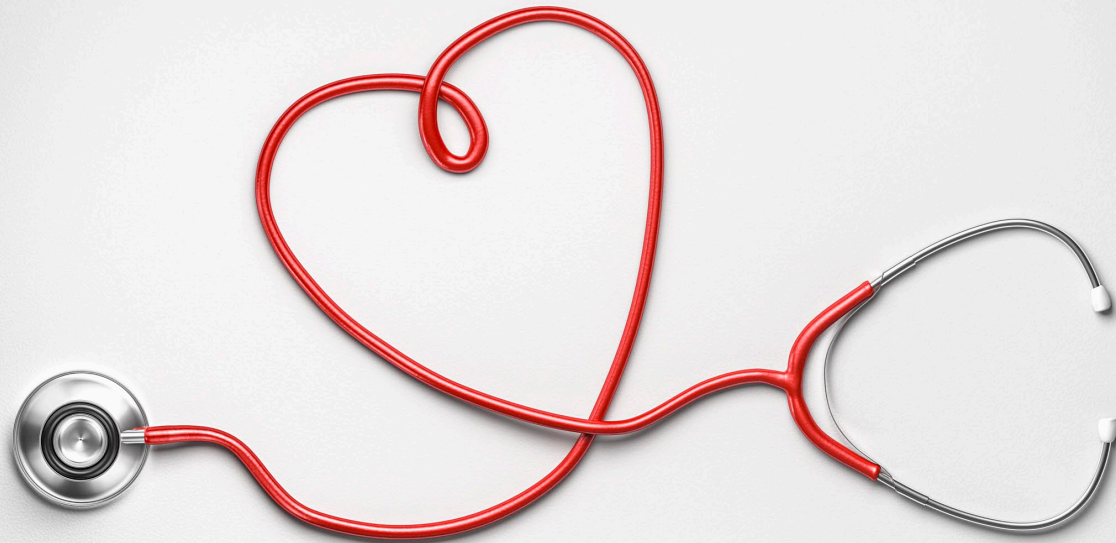


February is Heart Health Awareness Month



Learn what you can do to lower your risk and manage conditions that lead to heart disease

✓ Know the
warning signs of
a Heart Attack

✓ Find out what
increases your risk
for heart disease

Your
Employee Assistance Program
can help with information and
resources to support heart health

Visit Inova.org/eap
or call
800-346-0110

