

February Serving Up Knowledge Heart Bingo!

Join the Wellness Team for an interactive game of Heart Bingo to learn how to keep your heart healthy!

- ✓ Heart disease is the leading cause of death in the United States.
- ✓ Prioritizing your heart can help avoid severe illness
- ✓ Self-care is heart-health care.
- ✓ **Winners of the bingo games will be entered to win an at-home blood pressure cuff!**
- ✓ Thursday February 9 at 12:00p EST.
- ✓ Tuesday February 14 at 12:00p EST.
- ✓ Email wellness@apismgt.org for the link and to receive your bingo card.

