February is American Heart Month and we want to be sure you are taking care of yours. Don’t let your heart be broken by neglecting your heart health. Learn ways to recognize heart disease symptoms by checking your blood pressure and knowing the warning signs. Find out ways you can improve your heart health with our speaker, Beatrice Lõmer, CalFresh Healthy Living Nutrition Specialist with HHSA.

Be it a lipstick, shirt, shoes, or accessory, wear your brightest reds to the virtual meeting to celebrate National Wear Red to Work Day. You may win a $20 gift card to Starbucks!

Join Zoom Meeting
https://us02web.zoom.us/j/83668321073?pwd=NDArZi8wei82a1dsWFZKbTFOWXQ1dz09
Passcode: 140310
One tap mobile
+16699006833

Contact ECSSP Chair– Melanie Delgado for meeting information
mdelgado@homecare-sd.com