FEBRUARY: ARE YOU TAKING YOUR HEALTH TO HEART?
Heart health awareness

MONTHLY WEBINAR

8 Steps to a Healthy Heart
Thursday, February 20, 2014
12:00 p.m. - 1:00 p.m.

Utilizing the Mayo Clinic’s Heart Healthy Diet concepts, this webinar will review the eight steps for preventing or reducing your chances of heart disease.

BE SURE TO REGISTER IN ADVANCE
Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

February is American Heart Health Awareness Month and NYS-Balance wants to remind you that many forms of heart disease are preventable. Just a few changes to your lifestyle can help keep your heart healthy. We have information and resources on how to quit smoking, adding exercise to your day, and eating a heart healthy diet.

Call or visit us online to get started.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor, State of New York

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