

Safety Committee's



MONTHLY
TIP

7 Days of **Self-Care**

#MindfulMonday



Know your **blood pressure numbers** and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy recipe**

#TreatYourselfThursday



Treat your heart to some **relaxation and fun**

#FollowFriday



Share who inspires you to show your heart more love

#SelfcareSunday



Create your **self-care checklist** for the week

#WellnessWednesday



Put your **heart** into your wellness routine

#SelfieSaturday



Post about your favorite way to take care of **your heart**

#OurHearts



National Heart, Lung,
and Blood Institute

