

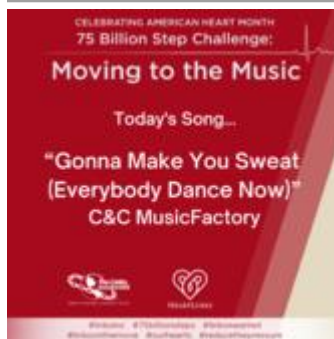
We're midway through American Heart Month and taking care of #OurHearts, together. The National Heart, Lung, and Blood Institute (NHLBI) has been busy sharing information about heart health and so have many of *The Heart Truth® Healthy Hearts Network* partners. See below to learn about some of these activities.

The Heart2Heart Foundation will host a Coach's Corner: *Managing Your High Blood Pressure at Home* live event on **Thursday, February 17**. [Learn more.](#)



The Jackson Heart Study (JHS) conducted several community heart health and wellness events which included free blood pressure screenings and COVID-19 vaccination clinics. On **February 20**, they will support Go Red Sunday, with free blood pressure screenings. Visit the [JHS Community calendar](#) to see other events.

American Heart Association and NHLBI will hold a workshop on **February 22 and 23** on *Promoting Cardiovascular Health of Youth in the Juvenile Justice System and Their Transitions Outside of the System*. [Learn more and register for the event.](#)



[The Links, Incorporated](#) are celebrating American Heart Month with their 75 Billion Step Challenge: Moving to the Music. Follow The Links, Incorporated on social media for new songs each week to keep you moving!

WomenHeart is hosting Cardiac Yoga, every **Wednesday, beginning February 23rd - March 30th, at 5:00 p.m. EST.** This cardiac yoga program was developed with cardiologists from the Northwell Health Network and is practiced primarily in a chair; no previous yoga experience is needed - all are welcome! [Register here](#) and learn more about the classes and instructors [here](#).



The Balm In Gilead is recognizing American #HeartMonth with a podcast on taking the stress out of heart health. Podcast guest, Dr. Patrice Desvigne-Nickens from NHLBI shares important facts about heart health and how stress plays a critical role in cardiovascular disease. [Take a listen!](#)

Association of Black Cardiologists (ABC) launched a “We Are the Faces of Black Maternal Health™” national awareness campaign. The year-long initiative will address grave disparities regarding Black maternal health outcomes and emphasize that “Maternal Health is a critical matter for everyone.” On February 3, ABC participated in a live panel discussion hosted by OWN Digital. [Watch it here!](#)



If you missed our February 4 **National Wear Red Day: Stretch More, Stress Less** stretching class or our February 11 **Nourish to Flourish: Healthy Cooking for #OurHearts** demonstration, watch them in the [past events](#) on *The Heart Truth* Facebook page.



Please continue to visit our [American Heart Month Outreach Toolkit](#) to find resources such as [animated GIFs](#), [fact sheets](#), [drop-in articles](#), [PowerPoint slides](#), and [flyers](#), [social media graphics](#), and more to use in your community throughout the year. Be sure to use #OurHearts with your social media posts!

In health,

The Heart Truth program team

