



Montgomery County

# KSU KOrner

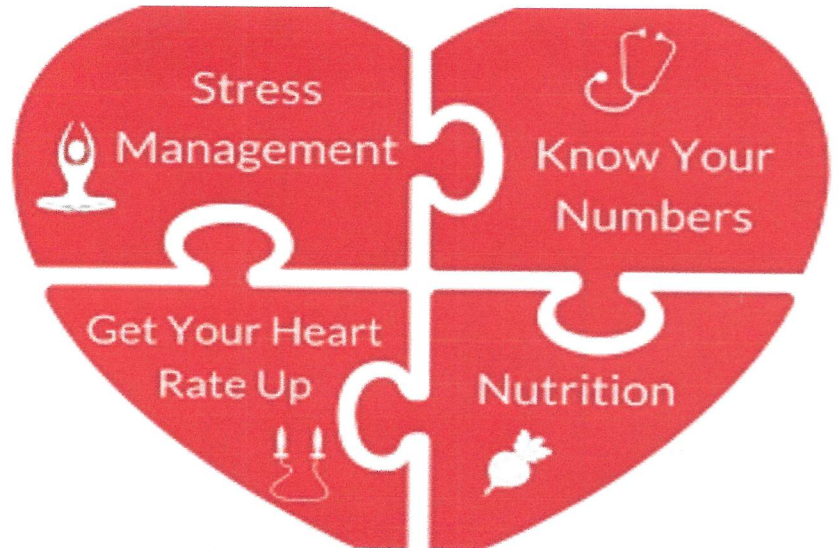
SNAP-ED PROGRAM AT KENTUCKY STATE UNIVERSITY

February 2020

Hello All,

Now is the time to start taking care of your heart! Heart disease is the leading cause of death among people in the U.S., coronary heart disease is the most common type of heart disease, which kills over 370,000 people a year. By making changing in your daily routine, you can help reduce the risk of developing this disease. We have a seat held for you to join our program, so what are you waiting for? Let's get moving for a healthier you!

Until next time,  
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## February is Heart Healthy Month



### **UPCOMING SPECIAL EVENTS**

Feb 7<sup>th</sup> National Wear Red Day

Feb 14<sup>th</sup> Valentine's Day

Feb 15<sup>th</sup> Cupid Shuffle 5K

Feb 27<sup>th</sup> National Strawberry Day

### **Scheduled Programming**

Tuesday's- Main Cross Apt., Wood Hill Apt., and Mt. Sterling Elementary School

Wednesday's- Montgomery Square Apt. and Mt. Sterling Elementary School

Thursday's- Montgomery Senior Center, Shepherds Shelter, and Mt. Sterling Elementary School

### **Tips for a Healthy Heart**

- Eat healthy & Get active.
- Stay at a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol in moderation & Manage Stress.

### **Some Common Signs of a Heart Attack**

- Pain in the center or left side of the chest, feeling as pressure, squeezing, or fullness.
- Pain or discomfort in the upper body, arms, back, neck, jaw, or upper stomach.
- Shortness of breath or trouble breathing.
- Feeling sick to your stomach or throwing up.
- Stomach ache or feeling like you have heartburn.
- Feeling dizzy, light-headed, or unusually tired.
- Break out in a cold sweat.