



HEALTH & WELLNESS

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FEBRUARY HEART AWARENESS MONTH



Heart disease is the leading cause of death for men and women in the United States and Arkansas has the 6th highest death rate from cardiovascular disease in the country. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Below are some ways for you to improve your heart health!

Ways to Love your Heart

- ♥ Try to Stop ALL forms of Tobacco
 - ♥ Choose good nutrition
 - ♥ Manage high blood cholesterol
 - ♥ Lower high blood pressure
 - ♥ Be physically active every day
 - ♥ Aim for a healthy weight
 - ♥ Manage diabetes
 - ♥ Reduce stress
- Take the 28 days to a healthy heart challenge.
For more information visit <https://www.nhlbi.nih.gov/sites/default/files/media/>

Easy Beet Hummus

Love your heart this February with a vibrant, fresh twist on traditional hummus. Garbanzo beans (aka, chickpeas) and beets are great sources of dietary fiber, which can help you improve blood cholesterol levels and lower your risk of heart disease, stroke, obesity, and diabetes.



Ingredients :

- 1 (15 oz) can garbanzo beans, drained & rinsed
- 1/2 teaspoon ground cumin
- 1 clove garlic, minced
- 1 cup canned, sliced beets, drained & rinsed
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 2 tablespoons water
- Salt and pepper to taste

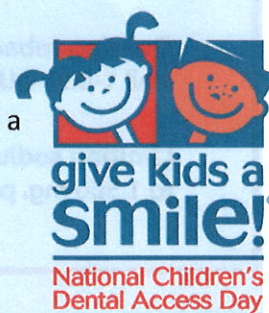
Preparation:

1. Place beans in the bowl of a food processor, along with the salt, cumin, garlic, and beets.
2. Turn the processor on to break up the mixture.
3. With the food processor running, pour in the lemon juice, olive oil, and water let the processor run until the mixture is smooth.

National Children's Dental Access Day

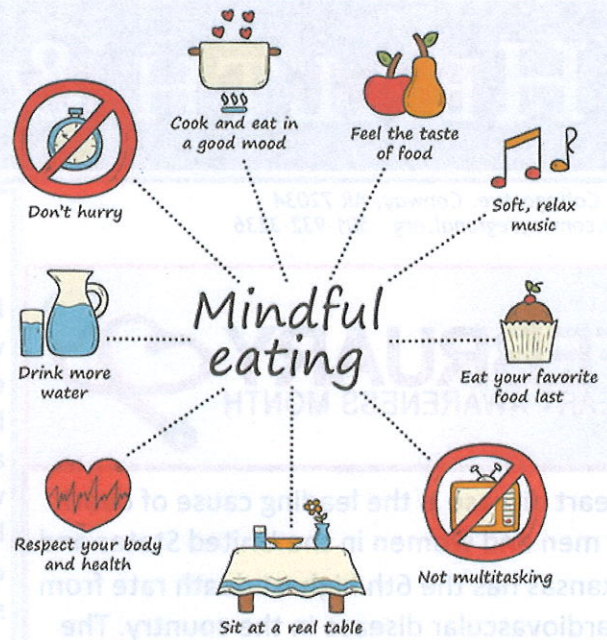
You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth:

- ☑ Brush teeth for 2 mins, twice daily
- ☑ Floss between the teeth
- ☑ Use mouthwash
- ☑ Drink water
- ☑ Reduce sweetened drinks
- ☑ Visit your dentist every 6 months



Mindful Eating: It's Not Just What We Eat, It's How We Eat

Experts agree that what we eat greatly affects our health. But what about how we eat? Do we think about our food while we eat it, or do we eat while we drive, type on a keyboard, read a book, watch TV, or play a computer game? Mindfulness refers to the practice of being aware and in the moment. When applied to the over 200 food-related decisions we make each day, mindfulness can help us more fully enjoy meals and the experience of eating.

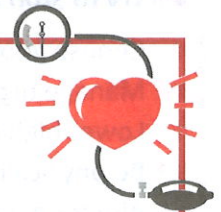


Benefits of Mindful Eating

- ↓ Weight
- ↓ Overeating
- ↓ Binge Eating
- ↓ Depression

- ↓ Stress
- ↑ Increased immune function
- ↓ Anxiety
- ↓ Chronic pain

Blood Pressure and Why It is Important



Small changes make a HUGE difference:

