

JOIN THE #OURHEARTS MOVEMENT

BECAUSE #OURHEARTS ARE BETTER TOGETHER

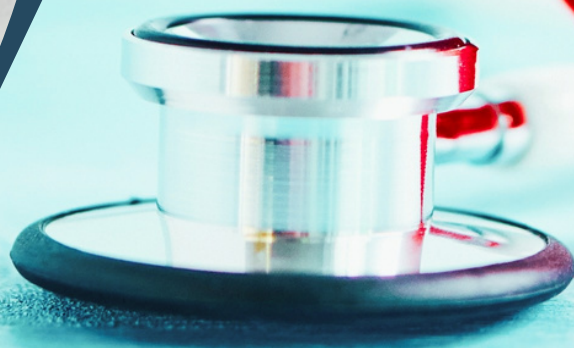
February is American Heart Month!

To help promote heart health and spread awareness during the month of February, the Office of Safety & Wellness and Office of Community Engagement have teamed up with **Ragged Mountain Running Shop** to give away a pair of shoes (up to \$150) to a lucky ACPS Employee!

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NOTHING CAN BE
MORE IMPORTANT
IN YOUR LIFE THAN
MAINTAINING GOOD
HEALTH
”

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

To enter, simply post a picture of you or your family doing heart-healthy activities (examples below!) to the **Office of Community Engagement**. Use **#OurHearts** and **#EngageACPS** in your posts and tag **@TheHeartTruth_NHLBI** on Instagram, **@TheHeartTruth** and **@EngageACPS** on Twitter, and **@HeartTruth** on Facebook. You can also submit your entries via **BeWell@k12albemarle.org** if you do not have access to a social media account. The winner will be selected March 1, 2023 by random draw!



**YOU CAN'T POUR
FROM AN EMPTY CUP.**

Prioritizing #OurHearts is an important part of self-care. Every day, take a little time to move more, sleep well, reduce stress, and eat healthy.

Don't forget to tap into our ComPsych Employee Assistance resources, too! Listen to a **podcast** on heart disease risk factors, explore tools in the **Heart Healthy Toolkit** (including exercises to do at your desk, motivation guides and personalized risk assessments), or browse heart healthy **articles**.