



FEBRUARY NEWSLETTER

Avocado & Corn Salsa



Directions:

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a bowl.
2. Chill for one hour and serve with tortilla chips.

Be Good to your Heart!

February is American Heart Month—a great reminder to focus on cardiovascular wellness, especially in colder months when activity dips and comfort foods tempt.

- **Know your numbers.** Have your blood pressure checked monthly. Check with your health professional to learn more about your blood pressure and cholesterol numbers.
- **Get moving!** Spend at least 30 minutes most days of the week being active. Heart-healthy activities include brisk walking, yoga, and stair climbing.
- **Drop excess pounds** – they stress your heart muscle. Take steps to get to or maintain a healthy weight. Talk to your health professional about what's healthiest for you.
- **Make fiber your friend.** Include plenty of fruit, veggies and whole grains in your diet.

Ingredients:

- 1 avocado, diced
- 3/4 C frozen corn kernels, thawed
- 1/2 C grape tomatoes, quartered
- 1 Tbsp fresh cilantro, chopped
- 2 tsp lime juice
- 1/4 tsp salt

Seasonal Foods

Try including seasonal foods into your diet this month.

What's in Season in February



News Update

SAVE THE DATE!

The Spring Health Fair will be Wednesday and Thursday, April 22nd & 23rd.



*More details to follow