

February is American Heart Month

Across the U.S. the month of February is dedicated to heart awareness, as a healthy heart is vital to life at any age. According to the National Institute on Aging, adults 65 years and older are more likely to suffer from cardiovascular disease than any other age group. Heart disease is the leading cause of death in the U.S., but it is largely preventable. For more information on how to protect your heart and how the heart changes with age, check out the links below!

- [National Institute on Aging - Healthy Heart & Aging](#)
- [National Heart, Lung & Blood Institute \(NIH\) - American Heart Month Info](#)
- [25 Ways to Participate in Heart Month \(NIH\)](#)
- [High Blood Pressure Health Information \(NIH\)](#)
- [Healthy Sleep \(it helps keep your heart healthy!\) \(NIH\)](#)

National Wear Red Day® is celebrated the first Friday in February! Wear red to help raise awareness of heart disease!

