

# February Heart Health Month

Event Date

Thu, Feb 1 2024, 10 - 11am



## Montgomery Mayors Wellness Campaign Celebrates



# February is Heart Health Month

Heart disease is the #1 cause of death among men, women, and people of most racial and ethnic groups in the U.S.

**Learn your risk factors and how you can protect yourself and your loved ones!**



Heart Health Info Table in the Lobby, Montgomery Municipal Building

## Upcoming events!



**2/2 National Wear Red Day**

**2/5 Blood Pressure Screenings at Senior Center**  
Montgomery Township Health Department



**2/6 Love Shouldn't Hurt: Teen Dating Violence Prevention Program**  
Virtual Zoom by Empower Somerset & Empower Youth Advisory Board

**2/7 Health Hike: A "Walk and Talk" on an anti-inflammatory diet for heart health**

9:30am: Talk with a registered dietitian and executive chef @ Bridgewater Mall Community Hub **RWJBarnabas HEALTH**



**2/17 Go RED Fashion Show & Family Health Festival in Bridgewater Commons Mall**

12pm: Join heart survivors, kids' fitness sessions, friendship bracelet workshops, teddy bear clinic, face painting and more!

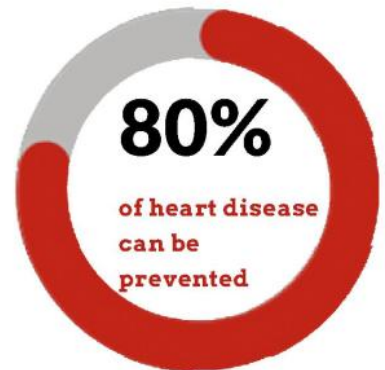
**2/21 Flu Clinic**

10am - Noon: Provided by our local Skillzcare Pharmacy. High dose flu vaccine available for immunocompromised and seniors. Regular dose available for people with and without insurance for FREE. Walk-ins welcome. **RWJBarnabas HEALTH**



**2/22 Fireside Chat with Mayor Singh**

10:30am: Join for a reading of "Your one and only heart" by the fireplace in the Montgomery Library (Ages 3+)



Visit [livotothebeat.org](http://livotothebeat.org) for heart healthy tips and tricks based on your lifestyle

2.6.24



Montgomery Township Health Department

(908) 359-8211 | [montgomerynj.gov](http://montgomerynj.gov)



February is Heart Health Month!

The Montgomery Mayors Wellness Campaign and Montgomery Health Department are offering many events to help you keep your heart healthy!

**Fireside Chat with Mayor Neena Singh**

MAYORS WELLNESS CAMPAIGN  
PRESENTS

# FIRESIDE CHAT KICKOFF

## Heart Health



IN PARTNERSHIP WITH  
MONTGOMERY TOWNSHIP  
LIBRARY

Guest Reader

**MAYOR SINGH**



100 Community Drive, Skillman, NJ

**FEB**

**22<sup>nd</sup>**

**2024**

10:30 am | Ages 3+



Montgomery Township Health Department  
[montgomerynj.gov](http://montgomerynj.gov)



Public Health  
Prevent. Promote. Protect.

## Mayors Wellness Campaign Information



### Mayors Wellness Campaign

New Jersey Health Care Quality Institute's Mayors Wellness Campaign (MWC) is a statewide community health initiative in partnership with the New Jersey State League of Municipalities. The MWC is a program that gives mayors tools and strategies to champion healthy and active living and to improve...

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