



Reach-Up
Head Start
Early Head Start



The Whistler

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Be heart-healthy.

Make A Date With Your Heart!

February is American Heart Month, and Valentine's Day is a great time to start taking steps to be heart-healthy.

- Prevent and control high blood pressure, high cholesterol, and diabetes.
- Avoid smoking and secondhand smoke.
- Limit alcohol use.
- Maintain a healthy weight.
- Be active.
- Eat healthy.

10 SURPRISING HEALTH BENEFITS OF LOVE

1. Fewer Doctor's Visits
2. Less Depression and Substance Abuse
3. Lower Blood Pressure
4. Less Anxiety
5. Natural Pain Control
6. Better Stress Management
7. Fewer Colds
8. Faster Healing
9. Live Longer
10. Live Happier



Think red and pink and hearts and you can make anything have a Valentine's Day twist! Create a pretty fruit and veggie platter by strategically placing your ingredients in heart shapes. Red bell pepper is perfect for this! In terms of fruit, serve raspberries, strawberries, blackberries, or purple grapes in Valentine themed cupcake liners. It's all about presentation here!



**Happy Valentines Day'
& Dental Health**