

## FEBRUARY IS AMERICAN HEART MONTH



While celebrating all things love this month, February also reminds us to take care of our heart. The annual celebration began in 1963 to encourage Americans to join the battle against heart disease.

Go to [www.heart.org](http://www.heart.org) for more information.



MARY MACKEDANIZ  
EXECUTIVE DIRECTOR

 <p>AIM FOR AN AVERAGE OF 7 HOURS OF SLEEP A NIGHT</p>	 <p>STOP SMOKING</p>
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BOOST HEART HEALTHY NUTRITION WITH MORE FRUITS AND VEGETABLES



MANAGE STRESS BY INCORPORATING A HOBBY THAT HELPS YOU RELAX




IF YOU HAVE A FAMILY HISTORY OF HIGH BLOOD PRESSURE OR YOU ARE CONCERNED ABOUT YOUR BP LEVELS, TALK TO YOUR DOCTOR

**How long have you been with Reach-Up?** 29 years

**Fun Fact about you:** I can make believable animal sounds and I love baking.

**What's the most exciting part of your job?**



Seeing the professional growth of staff, growth of children and skills of families.

**Least favorite chore around the house:**

Washing windows

**If you could take three items on a deserted island with you, what would they be:** My family, coffee and books (technically might be more than three!)

 @reachupheadstart

 Reach-Up Head Start

**Mom & Son Superhero Party!**  
Saturday, February 4, 11 am-3 pm  
Sartell Community Center  
Tickets at [www.momsonsuperhero.com](http://www.momsonsuperhero.com)  
Mom & Son - \$25

UPCOMING  
EVENTS

**Preschool Fair & More!**  
Saturday, February 11, 10-12 am  
Sartell Community Center  
Connecting families to local schools & family friendly businesses