



# February is American Heart Month



**A walking initiative  
for the health of it!  
Enroll at  
[www.AFMCWellness.com](http://www.AFMCWellness.com)**

The goal is to log steps into the Pedometer Log on [www.AFMCWellness.com](http://www.AFMCWellness.com),  
5 days a week (140,000 total) during the month of February .

Complete this task and receive an awesome travel fitness kit.

Bring your Wellness Profile Certificate to the HAWC to claim your Pedometer!

For more information about Healthy Heart Activities, Contact the CHPS team at 801-586-9586



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## Join the Healthy Heart Walking Group

Group meets on Tuesdays & Thursdays during February. Healthy Heart Classes held prior to Walking Group.

All levels welcome, bring your walking shoes!

**Tuesday Group**

**Held from 1000-1100**

**Thursday Group**

**Held from 1200-1300**

Meet in the Health and Wellness Center,  
Bldg 533. Call 586-9584 to Sign Up.





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## Heart Healthy Classes

### Cholesterol Education:

February 5<sup>th</sup> 1000-1030

February 28<sup>th</sup> 1200-1230

### Blood Pressure Education:

February 7<sup>th</sup> 1200-1230

February 12<sup>th</sup> 1000-1030

### Stress Management:

February 14<sup>th</sup> 1200-1230

February 19<sup>th</sup> 1000-1030

### Heart Attack & Stroke Prevention:

February 21<sup>st</sup> 1200-1230

February 26<sup>th</sup> 1000-1030



Classes held in the  
Health & Wellness Center, Bldg 533.  
Call CHPS at 586-9584 to sign up!