

February is Heart Health Awareness Month



According to the World Health Organization (WHO), cardiovascular disease is the world's number one cause of death, killing over 17 million people every year.

Stress may contribute to poor health behaviors linked to increased risk for heart disease and stroke, such as:

- Smoking
- Overeating
- Lack of physical activity
- Unhealthy diet
- Self-isolation
- Oversleeping or under-sleeping
- Not taking medications as prescribed

Learning to manage your stress in a healthier way will not only improve your mental health but help reduce risk to your heart and overall physical health.

Carebridge Can Help. Call [800.437.0911](tel:800.437.0911) to get started.



Smoking Cessation Program



Mental Health Counseling



Mindful Eating Program



Mindfulness App



1:1 Life Coaching Sessions



Virtual Support Groups