



SHOW YOUR HEART SOME LOVE

HEART HEALTH MONTH | FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 29 - FEB 4 Try a fee-based group fitness performance class for FREE!	FUEL YOUR HEALTHY HABITS Nutrition Seminars Join us for free, 60-min. educational sessions throughout the month. Enjoy heart-healthy snacks and enter to win a Bluetooth-enabled blood pressure monitor (\$80 value).		1 Blood Pressure Checks 12:00-1:00 PM (Briscoe) ART WORKSHOP: Valentine Cards 5:30-7:00 PM (Rite-Hite)	2 Heart Pump 7:30-8:00 AM (Rite-Hite)	3 NATIONAL WEAR RED DAY® Wear red to raise awareness about heart disease.	4 HEART HEALTHY TIP Take a 30-minute walk to improve the flow of oxygen throughout your body.
5 FEB 5-11 You'll love new music and new moves during Les Mills launch week.	6 ART WORKSHOP: Valentine Crafts 5:30-7:00 PM (Rite-Hite)	7 Blood Pressure Checks 11:00-11:30 AM (Briscoe) NUTRITION SEMINAR: Heart Healthy Eating 11:30 AM (Briscoe)	8 Blood Pressure Checks 12:00-1:00 PM (Briscoe)	9 Heart Pump 7:30-8:00 AM (Rite-Hite) NUTRITION SEMINAR: DASH Way of Eating 10:00 AM (Rite-Hite) Blood Pressure Checks 11:00-11:30 AM (Rite-Hite)	10	11 HEART HEALTHY TIP Connect with friends or family to reduce stress, which is important to heart health.
12 FEB 12-18 Join us for Valentine's Day-themed group exercise classes.	13	14 Heart Healthy Cooking Demonstration 12:30-1:00 PM (Rite-Hite)	15 Blood Pressure Checks 12:00-1:00 PM (Briscoe)	16 Heart Pump 7:30-8:00 AM (Rite-Hite)	17	18 HEART HEALTHY TIP Aim for eight hours of sleep to give your heart a rest.
19 FEB 19-25 Attend a small group training class for FREE and be entered to win a monthly class (\$70 value). <small>ONLINE RESERVATION REQUIRED.</small>	20	21 Blood Pressure Checks 11:00-11:30 AM (Briscoe) NUTRITION SEMINAR: Shop, Prep & Cook for Blood Pressure 11:30 AM (Briscoe) Blood Drive 1:00-6:00 PM (Briscoe)	22 NUTRITION SEMINAR: Sodium Intake 11:00 AM (Rite-Hite) Blood Pressure Checks 12:00-12:30 PM (Rite-Hite) Blood Pressure Checks 12:00-1:00 PM (Briscoe)	23 Heart Pump 7:30-8:00 AM (Rite-Hite)	24 YCardio Funk Reunion 6:30-7:15 PM (Rite-Hite)	25 HEART HEALTHY TIP Eat five servings of vegetables and fruits to increase your fiber intake.
26 HEART HEALTHY TIP Incorporate heart healthy fats into your diet from foods like avocado, salmon, nuts, and seeds to reduce inflammation.	27	28 Heart Healthy Cooking Demonstration 11:00-11:30 AM (Briscoe)	TAKE ACTION TO IMPROVE HEART HEALTH Blood Pressure Self-Monitoring Program If you're diagnosed with high blood pressure, the Y's Blood Pressure Self-Monitoring Program can help you manage it. Join the program in February for FREE! Contact Karen at 414-357-2811 or mkehealthyliving@ymcamke.org for more information.			

BLOOD PRESSURE CHECKS
 Stop by to get your blood pressure checked by one of our Healthy Heart Ambassadors.

COMMUNITY BLOOD DRIVE* | FEB 21
 People rely on the generosity of donors to help Versiti ensure a safe, healthy blood supply. Sign up at bit.ly/briscoeymca21 or 877-232-4376.

COOKING DEMO* | FEB 14 & 28
 Watch and learn as registered Dietitian Michelle Rimer prepares a simple, heart healthy recipe for you to taste and answers your questions about nutrition.

HEART PUMP* | FEB 2, 9, 16 & 23
 Mix cardio endurance, strength, and balance exercises for a mild intensity workout. You'll work to strengthen your heart and lower your blood pressure in a circuit-style strength class.
AGES 30+: Free/Member, \$25/Non-Member per month.

NUTRITION SEMINARS* Heart Healthy Eating | FEB 7
 Take a healthy approach to eating! You'll learn how to eat in order to prevent cardiovascular disease, plus a few strategies for dining out.

DASH Way of Eating | FEB 9
 Find out how the DASH (Dietary Approaches to Stop Hypertension) diet can improve your blood pressure.

Shop, Prep & Cook for Better Blood Pressure Management | FEB 21
 Pick up strategies for finding blood pressure friendly ingredients when you shop, as well as how to make flavorful, low-sodium dishes.

Lowering Sodium Intake | FEB 22
 How do nutrition choices impact your blood pressure? Gain strategies for reducing your sodium intake and maintaining heart health.

*REGISTRATION REQUIRED

BRISCOE FAMILY YMCA WELLNESS CENTER
 7095 S. Ballpark Drive, Franklin | 414-224-9622

RITE-HITE FAMILY YMCA
 9250 N. Green Bay Road, Brown Deer
 414-354-9622