February 2021 ZOOM Class Schedule
Tuesday’s from 10-11 a.m. CST
Call 314-452-7887 or email bridgette.sims@rxoutreach.org to register

February is American Heart Month

February 2: “Does that really work?” Common Health Myths

“An apple a day keeps the doctor away.”
“To be healthy, you should drink eight glasses of water a day.”

Join us as we review which common health myths are true and which have no actual basis in fact. The results may surprise you!

February 9: Eating Smart for a Healthy Heart
Heart disease is the leading cause of death for both men and women. In this informative workshop:

- Learn why eating healthy is more important as we get older
- Discover ways to eat heart healthy on the go
- Learn five simple changes you can make today

February 16: Controlling Your Cholesterol
One in six Americans has high cholesterol. Keeping cholesterol levels in normal range is important for people at all ages. Join us as we:

- Review why it is important to have controlled cholesterol levels
- Understand the effect high cholesterol has on the body
- Discover lifestyle changes for lowering cholesterol

February 23: Seven Ways to Promote Mental Health
What are you doing to keep your mind healthy?

In this informative workshop we will examine what a healthy mind looks like and you will discover seven essential activities necessary for optimal mental health.