



# Know Your Numbers



My BP:


120/80



Keeping your heart healthy is a priority. Get regular check-ups and **know your numbers** so you are aware of changes in your health. **We're ready to help you start with your BP.**

## Tips to Keep Your Heart Healthy

- Get active
- Eat well
- Control your cholesterol
- Manage your blood pressure
- Reduce sodium/Trans Fats
- Maintain a healthy weight
- Quit smoking
- **Know Your Numbers**

NATIONAL   
**Heart Month**  
♥ FEBRUARY ♥

**Talk to Our Pharmacists For More Information**

Eagle River | Minocqua | Rhinelander | Tomahawk