

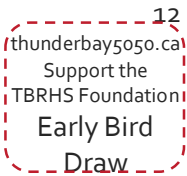




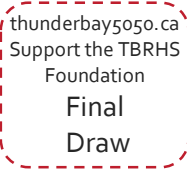





Heart Month 2021 At-A-Glance

Visit the Daily Informed Newsletter for details of events and education hosted in February.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOGNIZE						
Heart Attack is a medical emergency. Recognizing the signs is the first critical step in cardiac care.						
1 Wear RED Help raise awareness about heart health and prevention heartmonthHSC@tbh.net	2 	3	4	5	6 	7
REACT						
Calling 9-1-1 immediately is the safest and most efficient way to get to the hospital to receive the best care and to ensure the best outcomes.						
8	9	10	11	12 	13 	14 
RESPOND						
At our hospital, the Code STEMI protocol ensures patients receive quick identification, diagnosis and intervention that can mean the difference between life or death.						
15	16 	17	18 PRESENTATION: Healthy Heart, Healthy You WebEx: http://tbh.net/hls 2:00 EST/ 1:00 CST	19	20 	21
RECOVER						
The cardiac recovery journey includes accessing rehabilitation, support groups and resources to support a patient's recovery once the cardiac survivor leaves the hospital.						
22	23	24	25	26 	27 	28



Read the Chronicle Journal's Health section in **February** for articles about Heart Health Awareness and Prevention. Check out our posts on the Hospital's social media: Facebook, Instagram, Twitter and LinkedIn