



# Life is GOOD in Guyton!

## February Calendar of Events

Feb. 9 City Council Meeting 7:00pm

Online and by Phone

Call In Number (301) 715-8592

Meeting ID: 824 9926 2544

Feb. 15 Presidents Day—Closed

Feb. 23 Planning and Zoning 7:00pm at

Guyton Gym, 505 Magnolia St.



For more information regarding pickup days, service issues, damaged carts, or limits and guidelines, please call:

**912-290-2118** or go to:

[www.wasteprousa.com/city-of-guyton/](http://www.wasteprousa.com/city-of-guyton/)

## COVID19 RESOURCES

### Testing

CVS Pharmacy

Rincon (912) 826-2296

St. Joseph's Urgent Care

Rincon (912) 295-5860

### Vaccinations

Effingham Hospital

Springfield, (912) 754-0283

Effingham Health Department

Springfield, (912) 754-6484

**TOGETHER  
WE CAN  
STOP THE  
SPREAD**



# 25 Ways To Take Part in Heart Month

#OurHearts  
are healthier together

Each February, the National Heart, Lung, and Blood Institute (NHLBI) marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease. Taking care of your heart health has never been more important and there's a lot you can do to prevent heart disease. Encourage others to join you. More work needs to be done—and you can help!

There are dozens of ways to spread heart health messages during February and beyond. Here are a few:



**Help Share Heart Health Messages.** Check out these ideas to honor American Heart Month.

- 1 Join the #OurHearts movement** by [sharing on social media](#) how you're working with friends or family to be heart healthy. Encourage your friends and family to do the same. Be sure to use the hashtag!
- 2 Wear red on the first Friday of February** for National Wear Red Day to raise awareness about heart disease and encourage others to do the same. Use [NHLBI's social media materials](#) to help spread the word.
- 3 Set up an online support group with friends far and wide** to encourage each other in your goals to manage your weight, eat healthier, quit smoking, or work out.
- 4 Commit to a walking schedule** with a friend or family member, even if you can't walk together.
- 5 Challenge your organization to participate in a "steps" contest.** Use activity trackers to see which team takes the most steps.
- 6 Share NHLBI's Heart Month video** on social media or play it before your next team meeting to encourage colleagues to work together for a healthier heart.
- 7 Try a new recipe weekly.** Ask friends and family to share their favorite heart-healthy recipe with you. NHLBI offers a variety of [recipes](#) on its website.
- 8 Be social.** Use [NHLBI's Heart Month social media resources](#) to promote Heart Month to your friends and followers.
- 9 Make television watching more active** by doing jumping jacks or push-ups during the commercials, or just standing up and stretching.
- 10 Sign a social support contract** with three family members or friends who also want to lose weight.
- 11 Blog about it.** Write a blog post about Heart Month, the risk factors for heart disease, and how you're making heart-healthy changes in your life.
- 12 Attend an online cooking class** with friends and learn new heart-healthy recipes. Or sign up your kids for one!
- 13 Plan a date** to go on a hike or cook a heart-healthy meal with your loved one on Valentine's Day.



NIH  
National Heart, Lung,  
and Blood Institute



nhlbi.nih.gov/heartmonth