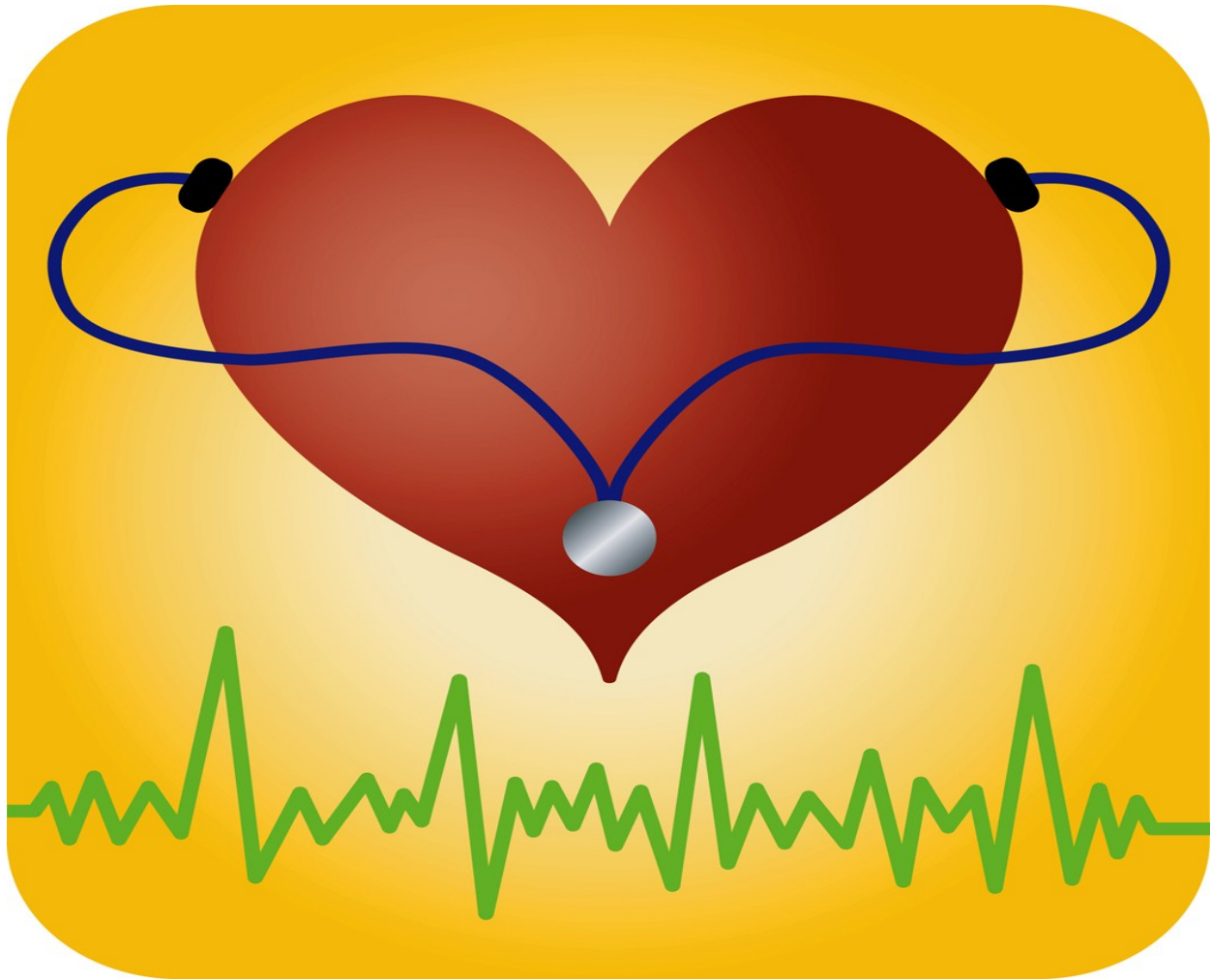


Onslow CHIP — CHIP TIP

FEBRUARY IS AMERICAN HEART MONTH

February 3—National Wear Red Day

On February 3, 2012 join the American Heart Association in their mission to build healthier lives, free of cardiovascular diseases and stroke. Challenge your friends/co-workers to wear red!



The Center for Disease Control reports: Heart Disease is the Number One Cause of Death

About every 25 seconds, an American will have a coronary event.

The CDC recommends: A healthy diet and lifestyle are the best weapons you have to fight heart disease.

Know the signs/symptoms of Heart Attack and don't wait to seek medical help!

Learn more: <http://www.cdc.gov/Features/HeartMonth/>

