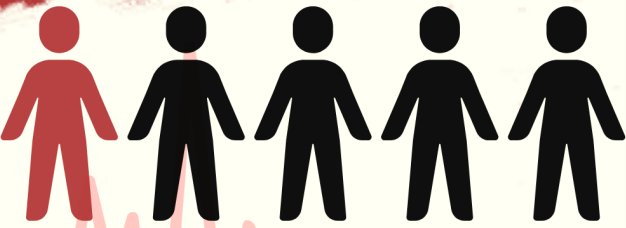




What the Health!?

February 2023

Heart Health Month



1 in every 5 deaths in the United States is caused by Heart Disease.

Choose Healthy Habits & Manage Existing Health Conditions



Tiny Teeth Tidbits

for Children's Oral Health Month

Children should see a dentist by their first tooth or first birthday.



Incorporate brushing AND flossing into your child's oral hygiene routine.

Avoid baby bottle tooth decay! If your child needs to sleep with a bottle, water is the safest option.



Healthy Relationships

February is Teen Dating Violence Awareness Month, a time to raise awareness about dating violence, promote ways to prevent it, and celebrate healthy relationships.

Healthy Relationships:

Equality
Boundaries
Trust
Respect
Support
Fairness
Communication
Comfort
Separate Identities

Unhealthy Relationships:

Inequality
Dependence
Manipulation
Unhealthy Obsession
Controlling
Lying
Disrespect
No boundaries
Abusive