

Women's Health Awareness

Virtual Series: "RealTalk With the Experts"

7 Days of **Self-Care**

#SelfcareSunday



Create your **self-care checklist** for the week

#MindfulMonday



Know your **blood pressure numbers** and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy recipe**

#WellnessWednesday



Put your **heart** into your wellness routine

#TreatYourselfThursday



Treat your heart to some **relaxation and fun**

#FollowFriday



Share who inspires you to show your heart more love

#SelfieSaturday



Post about your favorite way to take care of **your heart**