Women’s Health Awareness
Virtual Series: “RealTalk With the Experts”

7 Days of Self-Care

#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

#SelfcareSunday
Create your self-care checklist for the week