



Heart Matters

28 Days Celebrating Heart Health *Opportunities to Win Prizes*

Take Charge of Your Heart Health!

Southeast Alaskans of all ages can win prizes while building heart-healthy habits. Set weekly SMART goals, track your progress and create lasting changes.

Join Today



To learn more or register visit
searhc.org/heartmatters

Open to all:

1. Register at searhc.org/heartmatters
2. Download the helpful tracking sheet
3. Get started on Feb. 1
4. Submit your weekly progress by each Tuesday to be entered to win prizes

Wednesday Lunch & Learns

Join us from 12:15 – 12:45 p.m. on Wednesdays as SEARHC medical professionals discuss key health topics including:

- Stress Management
- Sleep
- Heart Health
- & More