



February is American Heart Month. According to the [American Heart Association](#), American Heart Month is a federally designated event that encourages Americans to focus on their heart health and get their families, friends and communities involved.

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.
- One person dies every 33 seconds in the United States from cardiovascular disease.
- In 2022, 702,880 people died from heart disease. That's the equivalent of 1 in every 5 deaths.

**SHOW YOUR HEART SOME LOVE** and [register for these upcoming webinars!](#)

**A special thank you** to everyone who showed their support for [Go Red for Women](#) by wearing red on Friday, February 7!

- Office of the County Executive
- Office of Community Relations
- Office of Finance
- Office of Homeland Security
- Office of Integrity, Compliance, and Police Accountability
- Office of Management & Budget







*National*  
**WEAR RED**  
*Day*

*Office of Management & Budget*

## Wellness on Demand – Free & Available for All

- [Health Education Calendar](#) to help you stay on track.
- [Health & Wellness webcasts](#) to help improve your overall well-being.

## Additional Resources

- [Omada Health](#)
- [Active & Fit Direct](#) – Cigna members
- [One Pass](#) – Kaiser Permanente members

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