

February is **Heart** Health Month

A healthy heart is a happy heart! Participate in **TWO** of the following activities and have a chance to win a **Therapeutic Massage or Biofeedback Session**.

Check off the two heart health activities you completed and email a photo of your passport to RethinkHealthy@tfhd.com by **March 1st, 2021** to be entered into the raffle!

Follow Your Heart: Passport to Health

NAME:

EMAIL OR PHONE #:

Attend a Free Authentic Wellness Talk

Zoom ID: 991 3131 5222

- February 11th, 5:15-6:30PM: "Why Can't I Sleep?" - with Dr. Gregory Tirdel, MD, FCCP Diplomat American Board of Sleep Medicine. Explore the cycle of insomnia, implications of physical health including heart health, root causes, and treatment.
- February 25th, 5:15-6:30PM: "The Power of Your Heart and Breath Rhythm" - with Linda Mackenzie, RN, BCB Certified Biofeedback Therapist. Learn how to work with your heart rate to increase relaxation, relieve pain and decrease the effects of stress to promote mindfulness and a more resilient life pattern.

Attend a Cooking Class

- February 15th, 5:30-6:30PM: Fiber is Fun! Featuring chilis and tacos made from plants. \$15, Please call 530-587-3769 to register.

Laughter is the best medicine. Email a funny joke with your passport to rethinkhealthy@tfhd.com.

Make a meatless meal, and let us know what you made: _____

Walk at least 15,000 steps one day.

Meditate for five minutes three times a week



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Have a question? Call 530-587-3769 or email rethinkhealthy@tfhd.com.