

# February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Be careful when drinking grapefruit juice as it can interact with certain meds.</i>	2	3	4	5 <b>National wear red day for the National Heart, Lung, and Blood Institute.</b>	6
7	8	9	10 <i>Have you checked with your doctor to see if generics are good for you?</i>	11	12	13
14 <b>Valentine's Day</b>	15 President's Day	16	17	18	19	20 Heart disease is the leading cause of death in American women.
21	22 Look for your January Explanation of Benefits in the mail.	23	24 Better food habits can help you reduce your risk for heart attack.	25	26	27 <i>Have your blood pressure checked on a regular basis.</i>
28				American Heart Month * See <a href="http://www.americanheart.org">http://www.americanheart.org</a> for more information		