

Editable Canva Links:

- [Social Media Posts](#)
- [Flyer](#)

Resources:

- CDC Toolkit & Links:
https://www.cdc.gov/heartdisease/american_heart_month_patients.htm
- Free Fitness Classes in Fresno: <https://everyneighborhood.org/health-wellness/>
- Telehealth Cardiology Consultation:
https://sesamecare.com/category/cardiology?utm_source=Braze&utm_medium=email&utm_campaign=feb_newsletter_nb_0207&lid=h4tjaxwk8k2u
- Heart Foundation:
<https://www.heartfoundation.org.au/bundles/healthy-living-and-eating/keeping-your-heart-healthy#msdyntrid=ZehlvcrrfooCVng8ZHpnqC7hTVfZVI60yNE6gvz-b3LA>