

Small Changes That Make a Big Difference ♥

You don't have to be perfect to take good care of your heart.

Healthy habits aren't about getting everything right overnight. They're about making small choices, one day at a time, and letting those choices add up over the years.



Every Small Step Matters



Check your blood pressure.



Move your body.



Nourish yourself.



Take your medication if prescribed.



Get enough sleep.



Ask questions.



From Karen...♥

If you've made it through this Heart Health series, I hope you remember one thing...

You don't have to do this alone.

Taking care of your heart isn't about being perfect. It's about making small choices that add up over time.

Some weeks will go exactly as planned. Some won't. That's okay.

My job is to help you find an approach that **fits your life**—not someone else's.

Together, we'll find an approach that makes sense to you, fits your life, and helps you reach your health goals.

Whether we're celebrating your progress or working through a setback...

I've got you. ♥

Karen's Challenge ♥

- ☒ Choose ONE healthy habit to continue this month.
- ☒ Celebrate your progress—not perfection.
- ☒ Keep asking questions.
- ☒ Keep showing up for yourself.

Thank you ♥
for trusting me with your care.

It truly is a privilege to be part of your health journey.

What We've Learned Together ♥

- 1 What blood pressure means.
- 2 How to check it correctly.
- 3 Why it becomes high.
- 4 Why you may feel fine.
- 5 Why numbers change.
- 6 Why medication helps.
- 7 When to seek help.

Remember...

you don't have to do this alone.

♥
I'm here for you.

Contact Karen ♥

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Care that
feels human
again. ♥

I'm here for you. ♥
If you have questions or concerns about your heart health, I'm always here to help.