



FEBRUARY IS HEART MONTH

Show Us How You *Wear Red* on Friday, February 3

Take a picture with your phone and email photos of you and colleagues wearing red to WearRed@hmn.org. (Please include your name, location/hospital, department, and share why heart health awareness is important to you.) Photos may be used on HMH social media channels!

Learn More About The Gift Of StandOut on Valentine's Day!

We are so excited to debut StandOut -- a new engagement platform selected by our team members and leaders. Your Culture Champions and Culture Circles are planning engaging events (check your local Pulse newsletter), designed to help you...

- Find Out and Share What Makes You StandOut
- Share Some Love With Your StandOut
- Share How You StandOut

Join Our Experts for These Heart Health Webinars

- Hypertension & Cholesterol: What You Need to Know - Feb. 7 at 11 a.m.
- Heart Healthy Eating - Feb. 8 at 11 a.m.
- Living with Heart Failure - Feb. 9 at 6 p.m.
- Is it Heartburn or Heart Attack? - Feb. 10 at 11 a.m.
- Heart Healthy Living - Feb. 22 at 7 p.m.

Register by calling 800-560-9990 or scan this code to sign up on our events page.



Follow! Like! Share!

Follow Hackensack Meridian Health's social channels on **Facebook, Twitter, Instagram, LinkedIn and YouTube**. You can help spread the word about heart month activities, Wear Red pics, and more!



Team Members from the Thornall Street location are asked to support heart month by participating in wearing RED the next time you are in the office. Grab a friend, or group and snap a photo, send your photos to WearRed@hmn.org. We encourage you to learn more about heart health by joining the various heart health webinars that will be taking place this month.

KEEP GETTING BETTER



Hackensack
Meridian Health