

Boost heart health

February is American Heart Health Month. Did you know that when you reduce stress, you can also reduce your risk for heart disease? Take care of your heart health by prioritizing your wellbeing and leading a healthy lifestyle.

Your program offers a variety of resources, including in-the-moment phone support 24/7/365, coaching, counseling, online courses, videos and tip sheets. Visit your program's web portal or mobile app to get started.



Download
the mobile
app today!



800-475-3327



supportline.com
group code: glynncountyschool