



# February is Wellness Newsletter Heart Health Month!

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## Therapy Corner

### Heart Adventure Walk

Turn your facility into a "Heart Adventure Trail" with stations (e.g., hydration; stretch-it-out) showcasing heart health tips. Include small challenges at each stop.

### Cupid's Cardio Challenge

Create a fun heart-themed circuit with stations like: "Cupid's Arrow Stretching," "Love Your Lungs Cardio," and "Heartbeat Hula Hooping."

### Heart Healthy BINGO

Play the group favorite with a heart-healthy theme!

### Laugh Therapy

Laughter is nature's best medicine. Host a laugh-therapy session. Here are some jokes to get you going.

### Aromatherapy Stress Balls

Make—and enjoy—these easy stress balls and let the tactile sensation soothe your hands and mind.

## February Featured Activities

### Heartbeats Drum Circle

Organize a drum circle using handheld drums or improvised instruments. Discuss how rhythm mimics the heartbeat and the importance of keeping our hearts "in rhythm."

### Love Letter Legacy

Residents write love letters or notes of encouragement to future generations or loved ones. Tie this activity to emotional heart health and stress reduction.

### Sweetheart Smoothie Bar

Set up a DIY smoothie bar where residents can create heart-healthy smoothies. [Link: 20+ Easy 5-Minute Heart-Healthy Smoothie Recipes](#)

### Art From the Heart

Host an art session where residents create heart-themed masterpieces using unconventional materials like flower petals, fabric, or tin foil.

February 1-7 is  
**National Patient Recognition Week**  
Celebrate with some of these great ideas! 

## Marketing Events & Outreach

### Red Day Celebration

Organize a "Wear Red Day" to raise awareness about heart health. Include activities like a group photo, a red-themed snack bar, and a mini-seminar about heart disease prevention.

[LINK: "Love Your Heart" Presentation](#)

### "Love Your Heart" Health Fair

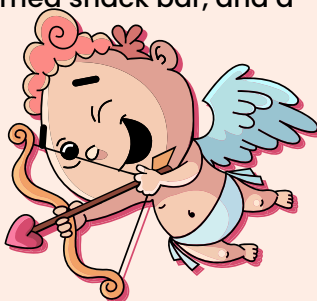
Invite local cardiologists, dietitians, and fitness instructors to share tips on heart disease prevention. Host free blood pressure checks and healthy snack tastings.

### Heart Walk

Organize a community stroll to encourage physical activity while supporting a heart health charity.

### Blood Drive

Organize a Local Blood Drive – [Link: How to Host a Blood Drive](#)



## Social Media Promotions

- Share photos of residents participating in heart health activities.
- Post short video clips of fitness or therapy sessions with heart-focused themes.
- Feature "Heart Heroes" stories: Staff or residents who practice heart-healthy habits.
- Share photos from any events you host and visit [AYOW.com](https://www.ayow.com) for additional social media graphics.

Share the fun! Send your photos to [SocialMedia@reliant-rehab.com](mailto:SocialMedia@reliant-rehab.com)