

Behavioral Health Home
February 2016

American Heart Month



Heart attacks are the leading cause of death in the United States, and half of those deaths occur because there was not enough time to get medical treatment. Knowing the signs and symptoms of a heart attack can save a life...



Contact BHH Toll Free: 1-844-551-2736



February is American Heart Month!

Make Blood Pressure Control *Your* Goal

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and [Million Hearts](#)[®]—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to **make control their goal**.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 National Wear Red Day	6
7 Congenital Heart Defect Awareness Week	8	9	10	11	12	13
14 National Cardiac Rehabilitation Week	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Community Resources

- [Online Support Network](#)
- [Heart Walk Kickoff Breakfast](#)
- [American Heart Association-CT Facebook](#)
- [Greater New Haven Heart Walk](#)
- [Greater Hartford Go Red for Women Luncheon](#)
- [CT Heart & Stroke Research](#)

Online Resources

- [Heart Month Healthy Recipes](#)
- [Heart Month Healthy Recipes II](#)
- [Heart Health Guide for Seniors](#)
- [Cardiovascular Health Guide](#)
- [Excess Sodium guide](#)
- [Sodium Breakup Pledge](#)
- [Share Your Story Founder Affiliate](#)
- [Life's Simple 7 Success Plan](#)

Toolkit links

- [Stroke Prevention Sheet](#)
- [CPR Wallet Cards](#)
- [Life's Simple 7 Bookmarks](#)
- [Family Tree Activity Sheet](#)
- [Sugar Swapping Tips Fact Sheets](#)
- [Stroke Risks for Women Fact Sheet](#)
- [How Will I Recover From My Heart Attack?](#)
- [Heart Month Toolkit](#)

#GoRedForWomen

#CHD

#AmericanHeart

#HeartDisease

BHH February Observance: American Heart Month

Below is a list of classes and workshops that can increase heart health awareness or offer support for clients and staff.



Bridgeport

AHA Infant CPR Anytime! – This course allows families, friends, and others who care for infants to learn the core skills of infant CPR and relief of choking.

FEE: \$75 (limited openings)

Bridgeport Hospital

267 Grant Street

Bridgeport, CT

Thursday, February 4, 2016 • 7:15 pm – 8:15 pm

To register, visit the [Bridgeport Hospital Event Page!](#)



Hartford

Living with Congestive Heart Failure: Exercise and Heart Failure – All Heart Failure patients and family members are welcome to attend.

FREE

Saint Francis Hospital & Medical Center

114 Woodland Street

Hartford, CT

Tuesday, February 23, 2016 • 1:30 pm – 2:30 pm

To register, visit the [Saint Francis Event Page!](#)



New Haven

Heart Transplantation Support Group – connects patients and families who are waiting for hearts with those who have already experienced transplant surgery.

FREE

Yale New Haven Hospital

Max Taffel Room

333 Cedar Street

New Haven, CT

Every other Thursday • 7:00 pm – 8:30 pm

Walk-ins are welcome!



Stamford

Weight Loss Surgery Information Seminar – A free informational seminar to educate those interested in weight loss surgery about the surgical options offered at Norwalk Hospital

FREE

Norwalk Hospital

Stamford Italian Center

1620 Newfield Avenue

Stamford, CT

Wednesday, February 10, 2016 • 5:45 pm – 7:45 p.

Contact Barb Vala at 203-852-3100 or Barbara.vala@norwalkhealth.org



Waterbury

The Healthy Heart Club – Open to anyone interested in learning about reduced risk factors of Heart Disease and maintaining a healthy lifestyle.

FREE

Waterbury Hospital

Contact Joyce at 203-879-3025 for schedule and location.

BHH February Observance: American Heart Month

Below is a list of classes and workshops that can increase heart health awareness or offer support for clients and staff.



Blood Pressure Screenings
FREE (Limited openings)
Bridgeport Hospital
1000 W Broad Street
Stratford, CT

Region 1

To register, visit the [Bridgeport Hospital Event Page!](#)



Cardiology Case Conference – This is a case conference during which recent cardiology cases are discussed often including findings on cardiac catheterization.
FREE
Middlesex Hospital – North One Conference Room
28 Crescent Street
Middletown, CT
Tuesday, February 2, 2016 • 7:00 am – 8:00 am
No Registration Required!

Region 2



Healing Hearts Support Group – This is an information support group for people with heart disease and their families.
FREE
Windham Hospital
112 Mansfield Avenue
Willimantic, CT
Thursday, February 11, 2016 • 7:00 pm – 8:30 pm
No Registration Required!

Region 3



Hyperlipidemia: Taking Control of Cholesterol and Triglycerides – Explanation of how cholesterol and triglycerides can impact heart health as well as ways to reduce them if you have hyperlipidemia or your levels are too high.

FREE
Eastern Connecticut Health Network
Community Education Room
2600 Tamarack Avenue, 2nd Floor
South Windsor, CT
Wednesday, February 24, 2016 • 6:00 pm – 7:30 pm

Region 4

To register visit the [ECHN Event Page!](#)



Stroke Support Group – Stroke survivors, family members and friends are welcome to join.

FREE
Danbury Hospital
24 Hospital Avenue
Danbury, CT
Second Wednesday of Every Month
Contact Iris Gilligan at 203-730-5966 for more information.

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