Welcome and Announcements

Supporting Student Mental Health
Erin Cox, Assistant Director and Director of Outreach for Counseling and Mental Health Services

Did You Know? The Korey Stringer Institute
Becca Stearns, Assistant Professor and Chief Operating Officer for the Korey Stringer Institute

Extension and Community Nutrition
Michael Puglisi, Assistant Extension Professor for UConn EFNEP
Erica Benvenuti, Community Nutrition Educator for UConn EFNEP

Conversation Hearts: Discussion Section
Jeffrey Shoulson, Vice Provost for Academic Operations

University of Connecticut AED/Stop the Bleed Campaign
Justin Pedneault, President and Training Coordinator for UConn Rescue
Benjamin Roper, Firefighter and EMT for UConn Fire Department

HuskyTHON
Dan Epstein, Vice President of External Relations for HuskyTHON 2019

Wrap Up and Giveaway
February is American Heart Month

STATISTICALLY, MOST HEART ATTACKS OCCUR ON MONDAYS

1 in 4 deaths in the U.S. are attributed to heart disease

Someone in the U.S. suffers a heart attack every 40 seconds

Of adults -about 80 million- have high blood pressure

Heart attacks are most common in the MORNING and are typically MORE SEVERE

~316.6 Billion:
Direct and indirect costs of cardiovascular disease and stroke. This figure is increasing every year.

2.5 HOURS
Reduce your heart attack risk with 2.5 hours of moderate-intensity exercise each week.

TAKE CONTROL of your HEART HEALTH

HEART HEALTHY SUPERFOODS HAVE BEEN SHOWN TO REDUCE CHOLESTEROL, BLOOD PRESSURE, AND INFLAMMATION

KALE
OMEGA-3 FATTY ACIDS
VITAMIN C

BLUEBERRIES
ANTHOCYANINS
FIBER
VITAMIN C

RED WINE
ANTIOXIDANTS

SALMON
OMEGA-3 FATTY ACIDS

AVOCADO
FIBER
MONOUNSATURATED FATS

Source: American Heart Association, Go Red for Women, National Institutes of Health, Medifastnow.com