



Before you give it away, give it a check.

Before you pledge your heart to your Valentine, make sure it's up to the task. February is *American Heart Month*, and an ideal time to visit mountcarmelhealth.com to take the HeartAware Online Risk Assessment. It's quick, free and confidential. And, it just might save your life.



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Do it for your Valentine.

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This month, think with your heart.



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