



Be Heart Smart

“Be Heart Smart”



**Presented by Ohio State University Extension
Washington County, Family & Consumer Sciences**

When: Monday, February 14, 2022, through Monday, February 28, 2022

Where: On Facebook at **OhioState-WashingtonCountyExtension**

What: We will provide important information, webinar recordings, delicious recipes, and ‘Move More’ tips



Why: Because we want you to “Be Heart Smart”! Knowledge is power.

GRAND PRIZE DRAWING TUESDAY, MARCH 1ST

Ways to earn points: Like, Share, and Comment (must be on the original post to count)

- ♥ 1 point if you comment that you completed the ‘Move More’ tip of the day
- ♥ 1 point if you comment or post a picture of the recipe(s) you tried
(These points can be claimed for the entirety of the event)
- ♥ 1 point if you comment that you completed the step of the day
- ♥ 1 point if you comment that you watched the webinar
- ♥ 1 point if you like the post

For each point that you earn your name will be entered to win the **GRAND PRIZE. You could earn up to 4 points a day.**

What do we mean by ‘Move More’ Tip of the Day?



- *For the days of our event, we want you to be encouraged to add movement into your daily routine*
- *Start small, every movement counts*
- *Be more active, any increase will add benefits*
- *Each tip will help improve energy, mental health, physical health, and overall well-being*

