

February is **Heart Health Month!**

This month, we are making it easier to take charge of your heart health and support your wellbeing with a limited-time promotion.

What's available

- Free heart health assessments, including blood pressure checks, with SPARTANfit

Why it matters

- Early awareness can support long-term health
- Small lifestyle changes can inspire meaningful, long-term change

How to participate

- [Schedule your assessment this February through Microsoft Bookings](#)
 - In Microsoft Bookings, select the *February *Heart Health Month** service option

Take the time this month to invest in your future health. Your heart will thank you.

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