



The  
**PTI BUZZ**  
Carol Kur, MSRD

## Heart Healthy Awareness Month

Since February is heart health awareness month, here are some red foods for the heart from the heart:

Tomatoes  
Beets  
Chili peppers  
Cinnamon  
Kidney beans  
Pomegranate  
Cherries  
Red Wine  
Grapes  
Strawberries  
Apples

## Quick Links

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Park your car at the far end of the parking lot. The short walk to and from the store or school will help your heart stay strong!!!



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