





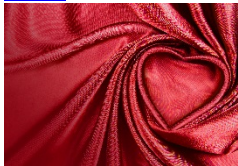

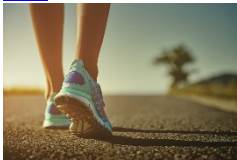








## February 2018 Social Media Editorial Calendar – ♥ MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1/29</p>	<p>1/30  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      Did you know women are two times as likely to die when a heart attack strikes under age 50? This Friday, Feb. 2 is National Wear Red Day, so Go Red for Women and all those affected by CVD. Share your pics with <b>#HMHhasHeart</b> and <a href="#">learn more</a> about taking charge of your heart health.</p> 	<p>1/31  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      February is Heart Month so join us in raising awareness about the risks of heart disease – the #1 killer in the U.S. – by Going Red this Friday, 2/2. Share your pics with <b>#HMHhasHeart</b></p> 	<p>2/1  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      Hackensack Meridian Health is going red tomorrow to raise awareness for cardiovascular disease. Save more lives, Go Red and share your pics with <b>#HMHhasHeart</b> and <a href="#">take charge of your heart!</a></p>  <p><a href="#">TeamHackensackMeridian</a>: Step up to heart health in honor of Heart Month. Join our second annual team member Step Challenge and help us reach 50 million steps! All participants will be entered into a drawing to win a FitBit Charge 2. <a href="#">Learn more.</a> <b>#HMHhasHeart</b></p> 	<p>2/2  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      Today Hackensack Meridian Health is celebrating Go Red Day. Share your pics and show us how you and your team is going red in an effort to raise awareness and combat cardiovascular disease today. <b>#HMHhasHeart</b> and learn how to take charge of your <a href="#">heart health</a>.</p> 	<p>2/3  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      Did you know managing your stress is one of the best ways you can prevent cardiovascular disease? Practice mindfulness and take five minutes to complete our <a href="#">online Heart Health Risk Assessment</a> to find out if you are at risk for cardiovascular disease. <b>#HMHhasHeart</b></p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a>                      See how our Hackensack Meridian hospitals are raising awareness and beating cardiovascular disease by Glowing Red during Heart Month. <b>#HMHhasHeart</b> and learn how to take charge of your <a href="#">heart health</a>.</p> 

## February 2018 Social Media Editorial Calendar – ♥ MONTH

<p>2/4 <a href="#">365Days, HMH, and all hospital FB pages:</a> Knowing the factors that put you at risk for heart failure can be lifesaving and allow you to make positive changes to your lifestyle. <a href="#">Click here</a> to complete our five minute online Heart Health Risk Assessment here to find out if you are at risk for cardiovascular disease. <b>#HMHhasHeart</b></p> 	<p>2/5 <a href="#">TeamHackensackMeridian:</a> Whether you track your steps using a wearable device or an app on your smart phone, be sure you are submitting your steps toward our goal! All team members who log their steps will be entered into a drawing to win a FitBit Charge 2™. <a href="#">Learn more here.</a></p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a> Heart Disease strikes someone in the U.S. about once every 40 seconds. The good news for both men and women is that 80% is preventable. Watch <b>Dr. Sealove</b> explain how the disease affects both genders and what precautions can be taken to live a heart healthy lifestyle. <a href="#">Watch.</a> <b>#HMHhasHeart</b></p>	<p>2/6 <a href="#">365Days, HMH, and all hospital FB pages:</a> Mindfulness is a great way to prevent cardiovascular disease. Join us at Southern Ocean Medical Center for a Meditation experience that will help boost your immune system, relieve stress, reduce blood pressure and help decrease pain. This event is complimentary and instructor led. <a href="#">Register here.</a> <b>#HMHhasHeart</b></p> 	<p>2/7 <a href="#">365Days, HMH, and all hospital FB pages:</a> Cook your way to a healthy heart! In celebration of Heart Month, Hackensack Meridian Health is offering this fun and engaging cooking experience to keep you heart-healthy all year long. Join us today at Ocean Medical Center to learn about heart disease, take home some recipes and enjoy food sampling! <a href="#">Learn more.</a> <b>#HMHhasHeart</b></p>  <p><b>Townsquare Dr. Apolito (TBD)</b> <a href="#">365Days, HMH, and all hospital FB pages:</a></p>	<p>2/8 <a href="#">365Days, HMH, and all hospital FB pages:</a> Be a “Heartsaver”! This heart month, learn the skills of hands only CPR and why early heart and stroke care is so important. <a href="#">Learn more.</a> <b>#HMHhasHeart</b></p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a> Learn your risk for heart attack and stroke. Attend one of our AngioScreen events for a simple, non-invasive vascular screening, providing you with a detailed report about your circulation and risk of heart disease and stroke. <a href="#">Learn more.</a> <b>#HMHhasHeart</b></p> 	<p>2/9 <a href="#">TeamHackensackMeridian:</a> The sum is greater than its parts, and we want to tally up our steps this February to see if we can achieve – or exceed – our 50-Million Step goal. Enter your steps for the day or week, so we can track the steps we’ve taken toward achieving heart health. <a href="#">Learn more here.</a> <b>#HMHhasHeart</b></p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a> Honor your mind, body and heart. Join the Integrative Health &amp; Medicine team for a complimentary Heart Month event to learn about the Five Pillars of Health and Well-being (Sleep, Activity, Purpose, Nutrition and Resilience), while enjoying a light lunch! <a href="#">Click here</a> for more info.</p> 	<p>2/10 <a href="#">365Days, HMH, and all hospital FB pages:</a> Exercising is a great way to prevent cardiovascular disease. Benefits include strengthening your cardiovascular system and decreasing your cholesterol level. To learn more about our comprehensive cardiovascular services, attend one of our heart-healthy events, or to find a cardiovascular specialist near you, <a href="#">click here.</a> <b>#HMHhasHeart</b></p> 
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## February 2018 Social Media Editorial Calendar – ♥ MONTH

2/11  
[365Days](#): Did you know cardiovascular disease (CVD) is the #1 killer of women, causing 1 in 3 deaths among women each year? Take five minutes to complete our [online Heart Health Risk Assessment](#) to find out if you are at risk for CVD. #HMHhasHeart



2/12  
[365Days](#), [HMH](#), and [all hospital FB pages](#): Sometimes the foods we think are healthy may prove the opposite, and those we try to avoid are foods we should be consuming. Katie Day, Clinical Dietitian at Hackensack University Medical Center, dispels some health food myths and gives tips on how to get the most out of our meals. [Watch](#).

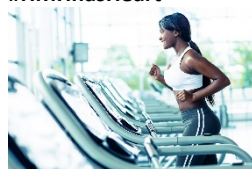
[365Days](#), [HMH](#), and [all hospital FB pages](#): Learn your risk for heart attack and stroke. Attend one of our upcoming AngioScreen events for a simple, non-invasive vascular screening providing you with a report about your circulation and risk of heart disease and stroke. [Learn more](#).

#HMHhasHeart



2/13  
[TeamHackensackMeridian](#): Hackensack Meridian Health is more than halfway through its second annual Step Challenge for team members. Join us in achieving 50 million steps during Heart Month across the network. [Click here to log your steps!](#)

#HMHhasHeart



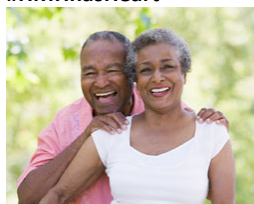
[365Days](#), [HMH](#), and [all hospital FB pages](#): Eating fatty foods can lead to blocked arteries and the risk of a heart attack. Reach for fruit and vegetables. They're good for you, will fill you up. To get more heart healthy tips and recipes, [click here](#).

#HMHhasHeart



2/14  
[365Days](#), [HMH](#), and [all hospital FB pages](#): Did you know a sedentary lifestyle is one of the top risk factors for heart disease? Take five minutes to complete our [online Heart Health Risk Assessment](#) to find out if you are at risk for cardiovascular disease and get moving!

#HMHhasHeart



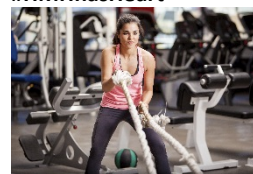
[365Days](#), [HMH](#), and [all hospital FB pages](#): Cook your way to a healthy heart! In celebration of Heart Month, Hackensack Meridian Health is offering this fun and engaging cooking experience to keep you heart-healthy all year long. Join us tomorrow at Riverview Medical Center to learn about heart disease, take home some recipes and enjoy tasty samples! [Learn more](#).

#HMHhasHeart



2/15  
[365Days](#), [HMH](#), and [all hospital FB pages](#): Risk of heart disease doubles in inactive people versus those who exercise regularly. Basic aerobic activity such as running, summing, and jumping rope can reduce the risk. To find which Meridian Fitness and Wellness is closest to you, [click here](#).

#HMHhasHeart



[TeamHackensackMeridian](#): Step up to heart health in honor of Heart Month. Join our team member 50-Million Step Challenge. All participants will be entered into a FitBit Charge2. [Learn more](#).

#HMHhasHeart



2/16  
[365Days](#), [HMH](#), and [all hospital FB pages](#): Cook your way to a healthy heart! This heart month, make sure your daily menu includes plenty of vegetables, fruits, and whole grains. To learn more about eating heart healthy, check out our free library of recipes [here](#).

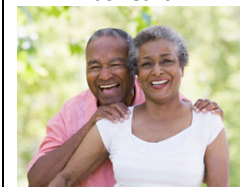
#HMHhasHeart



[365Days](#), [HMH](#), and [all hospital FB pages](#): Did you know women are two times as likely to die when a heart attack strikes under age 50? Join us today at Meridian Health Village at Jackson to learn how heart disease affects women differently than men, including signs, symptoms, treatment and prevention. [Register here](#). #HMHhasHeart








2/17  
[365Days](#), [HMH](#), and [all hospital FB pages](#): February is American Heart Month, a great time to commit to a healthier lifestyle through simple changes. To learn more about our comprehensive cardiovascular services, attend a heart-healthy event, or to find a specialist near you, [click here](#).

#HMHhasHeart










[365Days](#), [HMH](#), and [all hospital FB pages](#): Meeting with a dietitian is a great first step to adopting a healthy, active lifestyle. Katie Day, Clinical Dietitian at Hackensack University Medical Center, discusses the path to a healthy heart and the value of choosing foods and activities that are both good for you and enjoyable. [Watch](#).


## February 2018 Social Media Editorial Calendar – ♥ MONTH

						
<p>2/18  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      In honor of Heart Month, Hackensack Meridian Health has the information you need to identify your risk level and how to live a more heart-healthy life. To learn more, <a href="#">click here</a>.  <b>#HMHhasHeart</b></p> 	<p>2/19  <a href="#">365Days, HMH, and all hospital FB pages</a>                      The first step to keeping your entire body healthy starts with your heart! Watch Dr. Vivian A. Kominos, Integrative Cardiologist at Hackensack Meridian Integrative Health, discusses risk factors that can lead to heart problems, but also how to live long healthy lives by thinking heart first. <a href="#">Click here</a>.  <b>#HMHhasHeart</b></p> <p><a href="#">365Days, HMH, and all hospital FB pages:</a>                      Did you know the benefits of tea have been studied for thousands of years, with many believing that drinking tea directly relates to a person's heart health? Join us today at <b>Freehold Raceway Mall</b> and enjoy some tea and</p>	<p>2/20  <a href="#">TeamHackensackMeridian:</a>                      Whether you track your steps using a wearable device or an app on your smart phone, be sure you are submitting your steps toward our goal! All team members who log their steps will be entered into a drawing to win a FitBit Charge 2™. <a href="#">Learn more here</a>.  <b>#HMHhasHeart</b></p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a>                      Mindfulness is a great way to prevent cardiovascular disease. Join us at Southern Ocean Medical Center for a Meditation experience that will help boost your immune system, relieve stress, reduce blood pressure</p>	<p>2/21  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      Did you know managing your stress is one of the best ways you can prevent cardiovascular disease? Practice mindfulness and take five minutes to complete our <a href="#">online Heart Health Risk Assessment</a> to find out if you are at risk for cardiovascular disease.  <b>#HMHhasHeart</b></p>  <p><a href="#">JSUMC</a>                      Heart Disease strikes someone in the U.S. about once every 40 seconds. The good news for both men and women is that 80% is preventable. Watch <b>Dr. Sealove</b> explain how the disease affects both genders and what precautions can be taken</p>	<p>2/22  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      Cook your way to a healthy heart! In celebration of Heart Month, Hackensack Meridian Health is offering this fun and engaging cooking experience to keep you heart-healthy all year long. Join us today at Jersey Shore University Medical Center to learn about heart disease, take home some recipes and enjoy food sampling! <a href="#">Learn more</a>.  <b>#HMHhasHeart</b></p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a>                      Learn your risk for heart attack and stroke. Attend one of our upcoming <b>AngioScreen</b> events for a simple, non-invasive</p>	<p>2/23  <a href="#">TeamHackensackMeridian:</a>                      The sum is greater than its parts, and we want to tally up our steps this February to see if we can achieve – or exceed – our 10-Million Step goal. Enter your steps for the day or week, so we can track the steps we've taken toward achieving heart health. <a href="#">Learn more here</a>. <b>#HMHhasHeart</b></p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a>                      Know what's on the menu to stay heart healthy! When you eat out, try to eat as well as you do at home and ask your server how food is prepared. To learn more about our comprehensive cardiovascular services</p>	<p>2/24  <a href="#">365Days, HMH, and all hospital FB pages:</a>                      Did you know that according to the American Heart Association, over 5 million people in the U.S. are currently living with heart failure? To learn more about our comprehensive cardiovascular services or to find a cardiovascular specialist near you, <a href="#">click here</a>.  <b>#HMHhasHeart</b></p> 

## February 2018 Social Media Editorial Calendar – ♥ MONTH

	<p>heart-healthy delights while learning how to keep your heart healthy. <a href="#">Learn more.</a> #HMHhasHeart</p>	<p>and help decrease pain. This event is complimentary and instructor led. <a href="#">Register here.</a> #HMHhasHeart</p> 	<p>to live a heart healthy lifestyle. <a href="#">Watch.</a> #HMHhasHeart</p>	<p>vascular screening and receive a detailed report about your circulation and risk of heart disease and stroke. <a href="#">Learn more.</a> #HMHhasHeart</p> 	<p>or attend one of our community events, <a href="#">click here.</a> #HMHhasHeart</p> 	
<p>2/25 <a href="#">365Days, HMH, and all hospital FB pages:</a> Did you know at least 1 person is diagnosed with heart failure every minute? <a href="#">Click here</a> to complete our five minute online Heart Health Risk Assessment here to find out if you are at risk for cardiovascular disease. #HMHhasHeart</p> 	<p>2/26 <a href="#">TeamHackensackMeridian:</a> Hackensack Meridian Health is wrapping up its second annual Step Challenge for team members. Join us in achieving 50 million steps across the network. <a href="#">Click here to log your steps!</a> #HMHhasHeart</p> 	<p>2/27 <a href="#">365Days, HMH, and all hospital FB pages:</a> Did you know statistics show every year about 735,000 Americans have a heart attack? <a href="#">Click here</a> to learn more about Hackensack Meridian's comprehensive cardiovascular services, attend one of our community heart-healthy events, or to find a cardiovascular specialist near you. #HMHhasHeart</p>  <p><a href="#">365Days, HMH, and all hospital FB pages:</a> Cook your way to a healthy heart! In celebration of Heart</p>	<p>2/28 <a href="#">TeamHackensackMeridian:</a> Today is your final day as we tally up our steps to see if achieved – or exceeded – our 50-Million Step goal. Enter your final steps so we can celebrate the steps we've taken toward achieving heart health. <a href="#">Learn more here.</a> #HMHhasHeart</p> <p><a href="#">365Days, HMH, and all hospital FB pages:</a> Learn your risk. 64% of women who die suddenly of heart disease display no previous symptoms. Take five minutes to complete our <a href="#">online Heart Health Risk Assessment.</a> #HMHhasHeart</p> 			

## February 2018 Social Media Editorial Calendar – ♥ MONTH

		<p>Month, Hackensack Meridian Health is offering this fun and engaging cooking experience to keep you heart-healthy all year long. Join us tomorrow at Meridian Fitness &amp; Wellness in Hazlet to learn about heart disease, take home some recipes and enjoy food sampling! <a href="#">Learn more.</a> <b>#HMHhasHeart</b></p> 				
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