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# Eagles Have Heart: Health Services to Celebrate American Heart Month

February 17, 2015

STATESBORO, Ga. – Georgia Southern University’s Health Services will participate in American Heart Month on Wednesday, February 18 to bring awareness to all students about heart disease.

February is American Heart Month, which is a time for students to learn about risks for heart disease and stroke, and how to stay heart healthy. Heart disease is the leading cause of death for men and women in the United States. By learning how to make healthier choices and better manage day to day health conditions, heart disease can often be prevented.

Students are invited to stop by the Health Services “Eagles Have Heart” table in the Russell Union from 11 a.m. to 1 p.m. to learn about a few healthy changes that can help to save your life. A few tips that will be covered are:

- The importance of physical activity
- Proper nutrition
- Stress management
- Workplace wellness and more.

## **About Auxiliary Services**

Auxiliary Services’ mission is to create the best possible Georgia Southern University experience. Auxiliary Services strives to provide the highest quality products and services to the Georgia Southern community, while setting the highest operational standards possible. Auxiliary Services supports the strategic direction of the University through the delivery of extraordinary programs, products, services and facilities. Visit:

<https://auxiliary.georgiasouthern.edu/>

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