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## Relationships Matter

Strong, healthy relationships are important throughout your life.

[Learn how positive social habits can help you build support systems and stay healthier mentally and physically.](#)



### Health Matters Hero

Congratulations to Allison Palmer, our very first Health Matters Hero! [Read Allison's story.](#)



### Featured Recipe

Try this [Simple Vegetable Curry](#) for a hearty meal that's faster, *and healthier*, than takeout.



### Little Habits Challenge

[Register for the Little Habits Challenge](#) to help you make positive changes in 2020!



### National Wear Red Day

[Wear red on Friday, February 7](#) to raise awareness about heart disease as the leading cause of death among Americans, *especially women*.



**Toolkit: Healthy Meetings**

Energize your long meetings with a [few simple swaps!](#)



**Mini Challenge: Pearly Whites**

Floss your teeth daily with the "[Pearly Whites](#)" Mini Challenge.



**Health Highlight: Heart Health**

[Learn how to prevent heart disease](#) for you and your loved ones.



**Matters of the Heart**

Strengthen the relationship with your heart with [these lifestyle tips](#).



**Non-Candy Valentines**

[Show your valentine you care without candy.](#)



**Free Counseling**

Access [free, confidential counseling](#).



**Events/Programs**

Find [events and programs](#) in your area!