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## Notes from the Health Sciences Library - February 3

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To: Mary Cabral <mcabral@clarkson.edu>

Wed, Feb 3, 2021 at 9:27 AM



### February is American Heart Month!

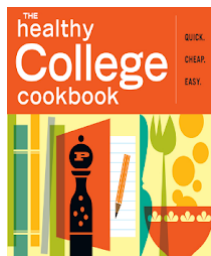


Each February, the **National Heart, Lung, and Blood Institute** (NHLBI) and **The Heart Truth®** celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. **Heart disease** is a leading cause of death for both men and women in the United States and people with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

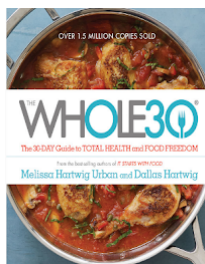
Eat healthy, move more, reduce stress, and stay connected with others!

**Explore the websites highlighted above for information and inspiration for heart-healthy living!**

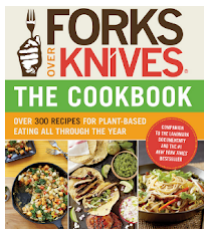
**Need some ideas for healthy cooking?** Check out these cookbooks (and there's more!) to mix up your recipe rotation:



[The Health College Cookbook](#)



Whole30



Forks Over Knives

. . . and **something interesting to listen to while you stay active and log time on the treadmill?** We've got **lots of audiobooks** to explore too!



These are available through Clarkson's **Overdrive** collection. You can read or listen for free on your phone or other mobile device using the **Libby app**. All you need to check them out is your Clarkson login.

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**Want to meet with me? [Check my calendar](#) to set up a Zoom meeting.**