



# THRIVE

WELLNESS PROGRAM

## February Wellness: Heart Health

Human Resources' Thrive Wellness Program is pleased to celebrate American Heart Health Month by providing you with tailored resources to aid in heart health education:

- Human Resources and the Libraries continue our Book of the Month series with February's selection, [Cardiovascular Health: Living Your Best with a Healthy Heart](#) by Dr. Martin Juneau. This book explains why altering simple lifestyle habits increases your lifespan.
- Our Pepperdine monthly wellness theme for February is Heart Health, for which we have compiled a [helpful resource guide](#) for you.

We hope you take advantage of this time and discover new ways to be proactive in your overall health and well-being. Additionally, the [CDC](#) and [American Heart Association](#) are renowned resources for health education and information.

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