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# February Participant Emails

Hello! Below you'll find information about your wellness toolkit and participant emails we're sending this month!

## Wellness Toolkit

Roses are red. Violets are blue. Let's take care of our heart, exercise and eat healthy too! Your wellness toolkit includes resources to help participants improve their heart health and manage their cholesterol and blood pressure.

[Get the Toolkit](#)

## NEW Monthly Wellness Webinars

Help your employees dive deeper into wellness with wellness webinars created just for them! These educational presentations will cover a new health and wellness topic every month.

### Healthy Heart, Healthy You

Wednesday, Feb. 26	
12 p.m. - 12:45 p.m.	5 p.m. - 5:45 p.m.

It covers:

- heart disease
- risk factors
- high blood pressure
- tips for improving heart health

Register today and invite your employees to participate!

[12:00 p.m. Webinar](#)

[5:00 p.m. Webinar](#)

## Participant Emails This Month

### Heart Health Guide

Heart disease is a silent killer and can present differently in each person. This email will cover:

- risk factors
- signs of a heart attack