

Helping you

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WINTER ISSUE • FEBRUARY 2026

February Spotlight: Heart health and blood pressure

This month, we're highlighting information about heart health and blood pressure. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about heart health and blood pressure from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [**High blood pressure in adults – hypertension**](#)
- [**Presión arterial alta en adultos – hipertensión**](#)
- [**Heart disease – risk factors**](#)
- [**Factores de riesgo - cardiopatía**](#)

These additional links from other health organizations offer more information about heart health and blood pressure:

- [**Are you getting enough omega-3 fatty acids?**](#)
- [**About high blood pressure**](#)
- [**Understanding blood pressure readings**](#)
- [**Preventing heart disease**](#)

Healthy recipes

- [**Baked salmon with herbs and lemon**](#)
- [**Rainbow bell pepper boats with garbanzo beans and kale**](#)
- [**Lentil tacos**](#)

Mental health awareness

February is national eating disorder awareness month. Eating disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder (BED) are serious health conditions that affect both your physical and mental health. Learn how to [**help yourself or support a family member or friend**](#) who is coping with an eating disorder.



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

Heart-healthy nutrition tips

Making diet changes could help you control high blood pressure, lose weight and lower your chance of heart disease and stroke.

The spin cycle

Learn the differences between dizziness and vertigo — and ways to identify and manage each.

Say 'cheese'

Learn what dental habits are right for kids at every age.

Find the entire [Winter](#) issue here!