

# Mind, Body & Spirit

a monthly newsletter

**February 2025**

from the Health and Wellness Ministry of  
Lyndhurst Community of Faith Church



The Health and Wellness Ministry will be sending out a Newsletter once a month with resources and articles to share. You can also see the bulletin board downstairs in the foyer.

If you need to speak with our nurses, Nancy Foulds, RN, BSN or Donna Nedrow, RN, BSN.

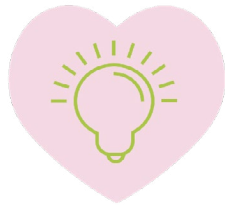
You may contact us at  
[wellnessministry@lyndhurstfaith.org](mailto:wellnessministry@lyndhurstfaith.org)



### American Heart Month/ Heart Disease Prevention Month



February is Heart Disease Prevention Month, a time to raise awareness about heart health and promote practices that can help reduce the risk of heart disease. As a leading cause of death, heart disease affects many individuals and families. It's essential that we take proactive steps to prioritize our heart health and encourage our loved ones to do the same.



### Understanding Heart Disease

Heart disease encompasses a range of conditions that affect the heart's structure and function, including coronary artery disease, heart attacks,

and arrhythmias. Contributing factors include high blood pressure, high cholesterol, diabetes, smoking, obesity, and a sedentary lifestyle.

### Prevention is Key

We encourage you to speak with your primary care health provider regarding your health, risk factors and discuss your health plan of care.

The following are some effective strategies to help prevent heart disease:



#### Eat a Heart-Healthy Diet

Focus on whole grains, fruits, vegetables, lean proteins, and healthy fats. Limit processed foods, salt, and added sugars.



#### Stay Active

Aim for at least 150 minutes of moderate-intensity exercise each week. Activities like walking, cycling, and swimming can significantly improve heart health.



#### Monitor Your Health

Regular check-ups with your healthcare provider can help track your blood pressure, cholesterol levels, and overall heart health.



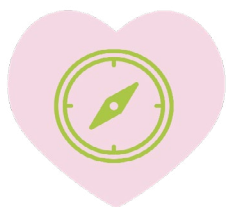
### Manage Stress

Practice relaxation techniques such as meditation, yoga, or deep-breathing exercises to reduce stress levels.



### Avoid Tobacco and Limit Alcohol

Quitting smoking and moderating alcohol intake can greatly reduce the risk of heart disease.



## Navigating Health Information Access

Nearly all scientific communication coming from federal health agencies — including the National Institutes of Health and the Centers for Disease Control and Prevention — has been stopped until further notice through multiple directives from the Trump administration.

In light of the unfortunate recent events regarding certain health information from government sources, accessing reliable health information has become increasingly critical.

*(nih.gov)*

We encourage you to turn to reputable organizations and resources for trustworthy guidance on heart health:

[American Heart Association](#): for guidelines on heart-healthy living, recipes, and community events.

[CDC Heart Disease Information](#): The Centers for Disease Control and Prevention offers valuable insights on preventing heart disease.

[World Health Organization](#): Cardiovascular Diseases.

[American Medical Association](#)

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## Health and Wellness opportunities at coming up at Lyndhurst Community of Faith Church

- Blood Pressure Screening: March 16 after Worship in the Sunroom.
- A series on the topic of Caregiving is being planned for the spring. Details will be forthcoming.