

February Program Highlights

ThinkBright TV

thinkbright.org

Adelphia Channel 21/Digital Channel 43.3



February is American Heart Month

Monday February 6 at 9:00 pm

Healthy Body, Healthy Mind: [Angina](#)

Monday February 20 at 8:30 pm

TV, MD: [Heart Tests](#)

Monday February 27 at 8:30 pm

Healthy Body, Healthy Mind: [Women & Heart Disease](#)

Monday February 27 at 9:00 pm

American Experience: [Partners of the Heart](#)

Monday February 27 at 10:00 pm

Second Opinion: [Women and Cardiac Health](#)

Click on the links for more information:

[Glossary of Medical Terms](#)

[Keep a Healthy Body and Mind](#)

[To Heal A Heart: Beating Heart Disease](#)

[American Family: Your Families Health Fair|PBS](#)

[Tavis Smiley . Special Feature . Road to Health](#)

[Heart Attack Video](#)

Health Goals

Do not become unhealthy

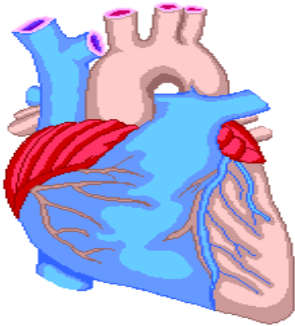


Promote

A healthy lifestyle -

- Eat right
- Increase physical activity
- Reduce screen time

Health Goals



Prevent

Heart disease

- Diabetes
- Stroke
- Obesity (over weight)

Remember

