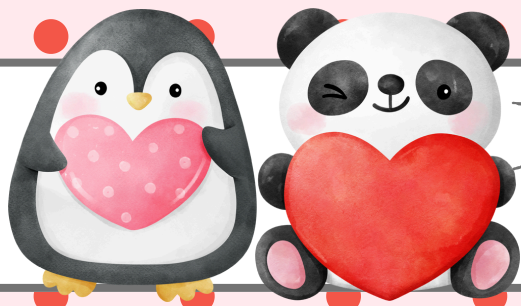




Health Services Newsletter

February 2026

Heart Health Month

Cardiac Arrest continues to be the leading cause of death in the World, over 350,000 people experience SCA annually, and 90% are fatal!

You can help to save a life:
CPR, especially when performed immediately, can double and even triple the chances of survival

CPR Fact Sheet

Hands Only CPR - For Any Bystander

How to Use an AED

- Know where your AEDs are in your building
- First Responders: Know your Role

Get Involved: Be Prepared...
American Heart Association Resources

VA Kindness Week

February 9-13, 2026

Show someone kindness.....

- Leave a positive note
- Pay for someone's coffee
- Send a kind text or pay a compliment
- Turn someone up in line
- Offer a hand to a struggling friend
- Volunteer in any way

"There is no exercise better for the heart than reaching down and pulling someone up." Unknown

VA Kindness Week Resources
Donate or Volunteer at Bluefield Union Mission
Donate or Volunteer at a local Food Pantry

Dates to Remember

February 6 & Fridays in February: Go Red for American Heart Month

February 9: School Board Meeting at 6:30pm

February 13: World Kindness Day

February 12: International Epilepsy Day

February 14: Valentine's Day

February 13: In Honor of International Epilepsy Day: Please Participate in Live Virtual Seizure training from 11:00am-12:00pm via Online Link

School Nurse Check In

Schedule some time with your School Nurse or Health Assistant to check on your Weight, Blood Pressure, or Heart Rate during the month of February. Participate in a weight loss challenge, or grab some heart healthy tips! Ask your Nurse!

