

ST. MARK LUTHERAN CHURCH

A congregation of the
EVANGELICAL LUTHERAN CHURCH IN AMERICA
welcomes you!

February 8,
2026



The Fifth
Sunday after
Epiphany

WORSHIP SCHEDULE

SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (1ST SATURDAYS-CHAPEL)

SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

105 EAST “D” STREET BELLEVILLE, IL 62220

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

THE REV. BRIAN M. ROBISON, PASTOR

THE REV. RONALD C. NEUSTADT, PASTOR EMERITUS

-
- + **To parents with small children:** We are glad your family is worshipping with us today! “*Quiet Bags*” (supplies & activities for use by small children) are available in the Welcome Area. If you or your child need a break from the service, feel free to use the Welcome Area/narthex (the service is audible over the speakers).
 - + An **accessible Restroom** is available off the Welcome Area/Narthex next to the **accessibility lift** to the lower level. **Parish Hall and additional Restrooms** are located on the lower level of the main church building. The stairway is off the entrance foyer. An usher will be happy to assist you with the lift.
 - + **Assistive listening devices** and **low vision items** are available. Please ask one of our ushers for assistance.
 - + **Land Acknowledgement:** This church is located on the original and ancestral homelands of the **Quapaw, Myaamia, Kaskaskia, and Kickapoo** peoples, and we give thanks for their presence here since time immemorial. We also recognize and honor all our Indigenous siblings who have and still call this land home.

PRELUDE

“Prelude on Thaxted”

Holst/Arr. by C. Callahan

WELCOME

CONFESSION AND FORGIVENESS *Please STAND as you are able*

Blessed be the Father, +Son, and Holy Spirit - the Creator of heaven and earth, the Word who spoke life into being, the Wind stirring the waters. **Amen.**

Let us turn in confession to the One who knows us completely.

Please KNEEL or remain as you are

**Mighty God, you call us to life in community,
but we have served our own interests at the expense of our neighbors.
We have sown deceit where honesty was needed.
We say the right words, but our hearts are far from you.
Turn us to seek your face.
Knit us together and give us the mind of Christ,
that we may do justice, love mercy, and walk humbly with you, our God. Amen.**

The former things have passed away, and new things God now declares: Like a spring of water that never fails, God covers you in the righteousness of Christ, and † forgives your sin in Jesus’ name. May the Spirit give you strength to live for others, and bless you with the gift of peace. **Amen.**

GATHERING HYMN

“Gather Us In”

ELW 532



1 Here in this place the new light is stream-ing, now is the dark - ness
2 We are the young, our lives are a mys - t'ry, we are the old who
3 Here we will take the wine and the wa - ter, here we will take the
4 Not in the dark of build-ings con - fin - ing, not in some heav - en,



van - ished a - way; see in this space our fears and our dream-ings
yearn for your face; we have been sung through - out all of his - t'ry,
bread of new birth, here you shall call your sons and your daugh-ters,
light years a - way— here in this place the new light is shin - ing,



brought here to you in the light of this day.
called to be light to the whole hu - man race.
call us a - new to be salt for the earth.
now is the king - dom, and now is the day.



Gath-er us in, the lost and for - sak - en, gath-er us in, the
Gath-er us in, the rich and the haugh-ty, gath-er us in, the
Give us to drink the wine of com-pas - sion, give us to eat the
Gath-er us in and hold us for - ev - er, gath-er us in and



blind and the lame; call to us now, and we shall a-wak-en,
 proud and the strong; give us a heart, so meek and so low-ly,
 bread that is you; nour-ish us well, and teach us to fash-ion
 make us your own; gath-er us in, all peo-ples to-geth-er,

we shall a-rise at the sound of our name.
 give us the cour-age to en-ter the song.
 lives that are ho-ly and hearts that are true.
 fire . . of love in our flesh and our bone.

GREETING

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

HYMN OF PRAISE

Assisting minister S 139



Glory to God in the highest, and peace to God's peo-ple on earth.

All
 Lord God, heav-en-ly King, al-might-y God and Fa-ther,
 we wor-ship you, we give you thanks, we praise you for your glo-ry.

Lord Je-sus Christ, on-ly Son of the Fa-ther, Lord God, Lamb of God,
 you take a-way the sin of the world: have mer-cy on us;
 you are seat-ed at the right hand of the Fa-ther: re-ceive our prayer.

For you a-lone are the Ho-ly One, you a-lone are the Lord,
 you a-lone are the Most High, Je-sus Christ, with the Ho-ly Spir-it,
 in the glo-ry of God the Fa-ther. A-men.

PRAYER OF THE DAY

Let us pray... Lord God, with endless mercy you receive the prayers of all who call upon you. By your Spirit show us the things we ought to do, and give us the grace and power to do them, through Jesus Christ, our Savior and Lord. **Amen.** *Following the prayer, please SIT.*

WORD

FIRST READING: Isaiah 58:1-12

¹ Shout out; do not hold back! Lift up your voice like a trumpet!

Announce to my people their rebellion, to the house of Jacob their sins.

² Yet day after day they seek me and delight to know my ways,

as if they were a nation that practiced righteousness

and did not forsake the ordinance of their God;

they ask of me righteous judgments; they want God on their side.

³ “Why do we fast, but you do not see? Why humble ourselves, but you do not notice?”

Look, you serve your own interest on your fast day and oppress all your workers.

⁴ You fast only to quarrel and to fight and to strike with a wicked fist.

Such fasting as you do today will not make your voice heard on high.

⁵ Is such the fast that I choose, a day to humble oneself?

Is it to bow down the head like a bulrush and to lie in sackcloth and ashes?

Will you call this a fast, a day acceptable to the LORD?

⁶ Is not this the fast that I choose: to loose the bonds of injustice,

to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?

⁷ Is it not to share your bread with the hungry and bring the homeless poor into your house;

when you see the naked, to cover them and not to hide yourself from your own kin?

⁸ Then your light shall break forth like the dawn, and your healing shall spring up quickly;

your vindicator shall go before you; the glory of the LORD shall be your rear guard.

^{9a} Then you shall call, and the LORD will answer;

you shall cry for help, and he will say, “Here I am.”

If you remove the yoke from among you, the pointing of the finger, the speaking of evil,

¹⁰ if you offer your food to the hungry and satisfy the needs of the afflicted,

then your light shall rise in the darkness and your gloom be like the noonday.

¹¹ The LORD will guide you continually and satisfy your needs in parched places

and make your bones strong, and you shall be like a watered garden,

like a spring of water whose waters never fail.

¹² Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations;

you shall be called the repairer of the breach, the restorer of streets to live in.

The Word of the Lord.

Thanks be to God.

ALLELUIA VERSE *The assembly STANDS to welcome the gospel.*

Al - le - lu - ia. Lord, to whom shall we go? You have the
words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

GOSPEL: Matthew 5:13-20

A reading from the Holy Gospel of our Lord and Savior Jesus Christ as recorded by the apostle Matthew. **Glory to you, O Lord.**

[Jesus said:] ¹³“You are the salt of the earth, but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything but is thrown out and trampled under foot.

¹⁴“You are the light of the world. A city built on a hill cannot be hid. ¹⁵ People do not light a lamp and put it under the bushel basket; rather, they put it on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

¹⁷“Do not think that I have come to abolish the Law or the Prophets; I have come not to abolish but to fulfill. ¹⁸ For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. ¹⁹ Therefore, whoever breaks one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. ²⁰ For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

The Gospel of the Lord.

Praise to you, O Christ. *Please SIT*

SERMON

“Salt, Light, and the Real Game”

The Rev. Brian M. Robison

Following the sermon, the assembly STANDS to proclaim the word of God in song.

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1 Lord, whose love in hum-ble ser-vice bore the weight of hu-man need,
 2 Still your chil-dren wan-der home-less; still the hun-gry cry for bread;
 3 As we wor-ship, grant us vi-sion, till your love's re-veal-ing light
 4 Called by wor-ship to your ser-vice, forth in your dear name we go,



who up-on the cross, for-sak-en, worked your mer-cy's per-fect deed:
 still the cap-tives long for free-dom; still in grief we mourn our dead.
 in its height and depth and great-ness dawns up-on our quick-ened sight,
 to the child, the youth, the a-ged, love in liv-ing deeds to show;



we, your ser-vants, bring the wor-ship not of voice a-lone, but heart;
 As you, Lord, in deep com-pas-sion healed the sick and freed the soul,
 mak-ing known the needs and bur-dens your com-pas-sion bids us bear,
 hope and health, good-will and com-fort, coun-sel, aid, and peace we give,



con-se-crat-ing to your pur-pose ev-'ry gift which you im-part.
 by your Spir-it send your pow-er to our world to make it whole.
 stir-ring us to ar-dent ser-vice, your a-bun-dant life to share.
 that your ser-vants, Lord, in free-dom may your mer-cy know and live.

PRAYERS OF INTERCESSION *The names of those for whom we pray aloud (members, staff, first-time additions) are listed below. Please read only the first names. Other prayer intentions can be found in the back of this bulletin. The response to “Merciful God,” is “Receive our prayer.”*

Ken Augustine, **Eleanor** Benton, **Rob** Buck, **Gary** Dozier, **Charlie** Duncan, **Evelyn** Duncan, **Art** Engelage, **Michael** Foppe, **Morris** Kugler, **Bruce** Martens, **Lucy** Montgomery, **Ron** Neustadt, **Tina** Partelow, **Marilyn** Robinson, **Cohen** Summers, **Carol** Weshinskey, **Gary** Weshinskey, **Gary** Weshinskey, **Glenna** Hamilton

PEACE *The assembly is invited to share a greeting of God's peace with one another. Following **the Peace**, you may be **seated** for a few moments.*

CHOIR ANTHEM

“Blessed Be Your Name”

Arr. by Schradergh

Text can be found on the last page of the bulletin

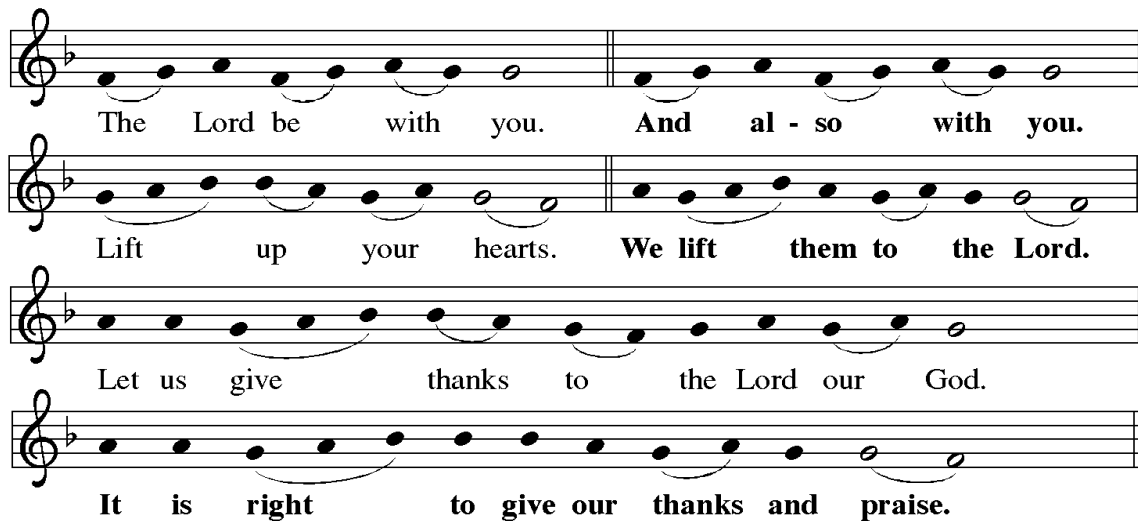
OFFERING *Should you wish to leave an offering today, it may be placed in the wooden box on the table near the baptismal font at any point during or after the service.*

OFFERING PRAYER *Please **STAND** as you are able*

Assistant: Let us pray together...

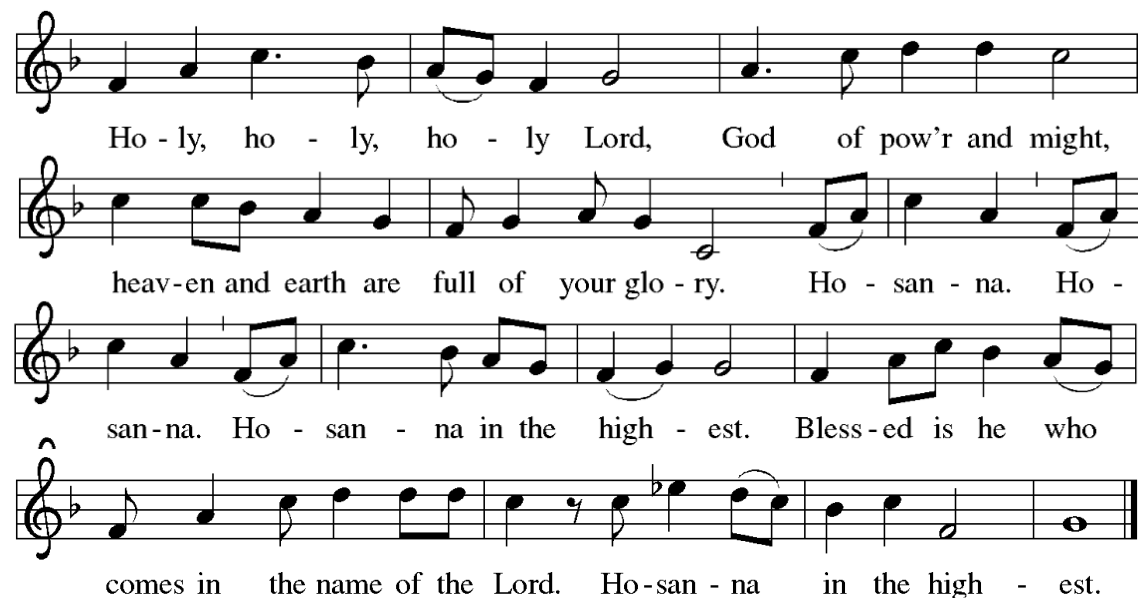
**God of majesty, no eye has seen, no ear has heard
what you have prepared for those who love you,
yet in this meal you reveal the wideness of your mercy.
Use what we have gathered to feed us with the reign of God come near,
Jesus Christ, our Savior and Lord. Amen.**

GREAT THANKSGIVING



The Lord be with you. And al - so with you.
Lift up your hearts. We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

It is indeed right...we praise your name, and join their unending hymn:



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. Ho - san - na in the high - est. Bless-ed is he who
comes in the name of the Lord. Ho-san - na in the high - est.

EUCHARISTIC PRAYER

THE LORD'S PRAYER *traditional*

Lord, remember us in your kingdom and teach us to pray:

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come;

thy will be done, on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses,

as we forgive those who trespass against us;

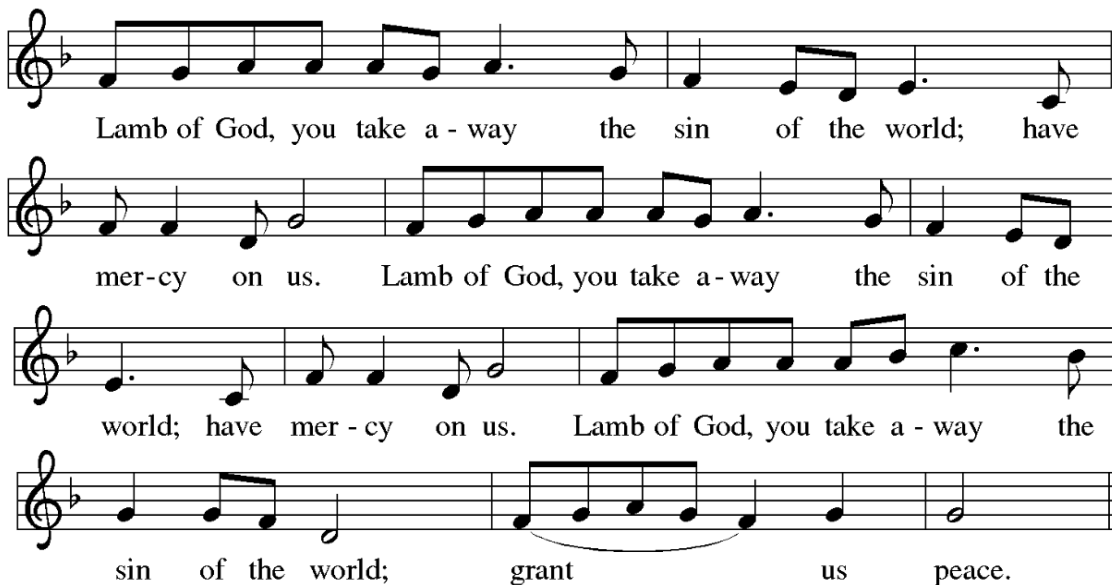
and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

INVITATION TO COMMUNION

Here is the Lamb of God who takes away the sin of the world! Come to the table; taste and see.

LAMB OF GOD *Please SIT*



Lamb of God, you take a - way the sin of the world; have
mer-cy on us. Lamb of God, you take a - way the sin of the
world; have mer - cy on us. Lamb of God, you take a - way the
sin of the world; grant us peace.

COMMUNION DISTRIBUTION

Communion is open to everyone. In this sacrament, we believe that Christ is truly present in the bread and wine. At this service, communion will be served from around the altar rail. At the usher's direction, please come forward and kneel at the altar rail.

- ✘ *After receiving the bread, you may take an individual cup or drink from the chalice.*
- ✘ *You may return to your seat after communing.*
- ✘ *Those who do not wish to commune may come forward for a blessing. Please cross your arms over your chest to indicate this preference.*
- ✘ *Reception of the Eucharist under one kind (bread or wine) is valid communion for those who must avoid either for health reasons.*
- ✘ *If you are unable to go to the altar for communion, please notify an usher or the pastor, so that communion may be brought to you in your pew.*

SONGS DURING THE DISTRIBUTION:

“Let Justice Flow Like Streams”

ELW 717



1 Let jus - tice flow like streams of spar - kling wa - ter, pure,
2 Let righ - teous - ness roll on as oth - ers' cares we heed,
3 So may God's plumb line, straight, de - fine our mea - sure true,



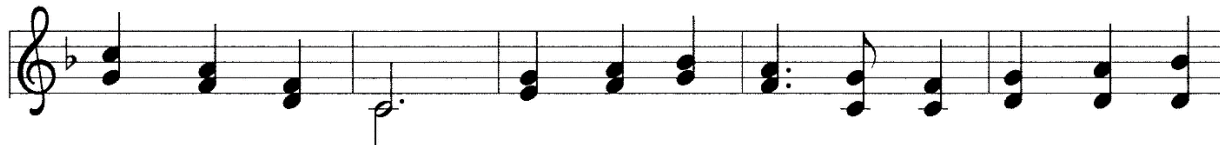
en - a - bling growth, re - fresh - ing life, a - bun - dant, cleans - ing, sure.
an ev - er - flow - ing stream of faith trans - lat - ed in - to deed.
and jus - tice, right, and peace per - vade this world our whole life through.

“God, Whose Almighty Word”

ELW 673



1 God, whose al - might - y word cha - os and dark - ness heard
2 Christ, who once came to bring, on your re - deem - ing wing,
3 Spir - it of truth and love, life - giv - ing, ho - ly dove,
4 Ho - ly and bless - ed three, glo - ri - ous Trin - i - ty,



and took their flight: hear us, we hum - bly pray, and where the
heal - ing and sight; health to the trou - bled mind, sight where il -
speed forth your flight; move on the wa - ter's face bear - ing the
Wis - dom, Love, Might: bound - less as o - cean's tide, roll - ing in



gos - pel day sheds not its glo - ri - ous ray, let there be light.
lu - sions blind; oh, now to hu - man - kind let there be light.
lamp of grace, and in earth's dark - est place let there be light.
full - est pride, through the earth, far and wide, let there be light.

After the distribution is complete, the assembly **STANDS** for the blessing.

TABLE BLESSING

The Body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **Amen.**

PRAYER AFTER COMMUNION

Assistant: Let us pray together...

Radiant God, we have seen your glory in the face of Jesus Christ.

In the sacrament of his body and blood, you have drawn us to your heart.

Send us from this table with delight, that our lives may reflect the beauty of your love and bear witness to all we have seen and heard, through Jesus Christ, our Savior and Lord. Amen.

BENEDICTION

May the triune God, who has given you a new song and tuned your heart for praise, bless you - Father, †Son, and Holy Spirit - now and forever. **Amen.**

SENDING HYMN

“This Little Light of Mine”

ELW 677

**1 This little light of mine, I'm gonna let it shine;
this little light of mine, I'm gonna let it shine;
this little light of mine, I'm gonna let it shine;
let it shine, let it shine, let it shine.**

**2 Ev'rywhere I go, I'm gonna let it shine;
ev'rywhere I go, I'm gonna let it shine;
ev'rywhere I go, I'm gonna let it shine;
let it shine, let it shine, let it shine.**

**3 Jesus gave it to me, I'm gonna let it shine;
Jesus gave it to me, I'm gonna let it shine;
Jesus gave it to me, I'm gonna let it shine;
let it shine, let it shine, let it shine.**

ANNOUNCEMENTS

DISMISSAL Go in peace. Do justice. Love mercy. **Thanks be to God.**

POSTLUDE

“Come Thou Almighty King”

J. Dixon

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Danielle Tribout

Lector: Aaron Fuchs + **Crucifer:** Frank Dressel + **Tech Minister:** Melanie Robison

Chalice Bearer: Tom Partelow + **Safety Volunteer:** Mark Bearth

Ushers: Rex Rothgangel & Rick Crosby + **Organist:** Evelyn Duncan

Blessed Be Your Name by Beth & Matt Redman; Arranged by Jack Schrader

Blessed Be Your Name in the land that is plentiful, Where Your streams of abundance flow
 Blessed be Your name Blessed Be Your name
 When I'm found in the desert place Though I walk through the wilderness
 Blessed Be Your name Every blessing You pour out I'll turn back to praise
 When the darkness closes in, Lord Still I will say Blessed be the name of the Lord
 Blessed be Your name Blessed be the name of the Lord
 Blessed be Your glorious name Blessed be Your name
 When the sun's shining down on me, When the world's 'all as it should be, Blessed be Your name
 Blessed be Your name, On the road marked with suffering Though there's pain in the offering
 Blessed be Your name, Every blessing You pour out I'll turn back to praise
 When the darkness closes in, Lord Still I will say Blessed be the name of the Lord
 Blessed be Your name Blessed be the name of the Lord Blessed be Your glorious name
 Blessed be the name of the Lord Blessed be Your name Blessed be the name of the Lord
 Blessed be Your glorious name, You give and take away (x2), My heart will choose to say Lord,
 blessed be Your name You give and take away (x2), My heart will choose to say Lord, blessed be Your name
 You give and take away (x2) My heart will choose to say Lord, blessed be Your name
 Blessed be the name of the Lord, Blessed be Your name,
 Blessed be the name of the Lord Blessed be Your glorious name,
 Blessed be the name of the Lord (You give and take away), Blessed be Your name (You give and take away)
 Blessed be the name of the Lord (My heart will choose to say)
 Blessed be Your glorious name Blessed be Your name
 To the rising of the sun over us To the setting of the same, Though there's pain on the offering

Prayer Intentions

St. Mark Members

Ken Augustine, Eleanor Benton, Rob Buck, Gary Dozier, Charlie Duncan, Evelyn Duncan,
 Art Engelage, Michael Foppe, Morris Kugler, Bruce Martens, Lucy Montgomery, Tina Partelow,
 Marilyn Robinson, Cohen Summers, Carol and Gary Weshinsky

St. Mark Family and Friends

Dennis Althardt, Bert Alvarez, Stellamarie Bearth, John Belz, Thomas Boxdorfer, Jim Braeutigam,
 Patty Brennecke, Susan Carson, Christine, Arianna Curnes, Catherine Davis, Mike Ellison, Katrina Fenner,
 Josh Gansmann, Christine Gass, Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert, TC Groennert,
 Glenna Hamilton, Andrea Hendrix, Jamie House, Jimmy Jurgens, Austin Lickenbrock, Dusty Little,
 Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martiszus, Bobby & Joyce McCall, Don McCoy,
 Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Hilda Parnell,
 Tim & Missy Partelow, Larry Powers, Goldie Rideout, Darrell Robinson, Shirley Saia, Sarah and Family,
 Jill Schlueter, Stefanie Schroeder, Denise Sebastian, David & Donna Sims, Margie Snep, Ingrid Thompson,
 David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Karen Woolf, Wilma Woolf,
 Ken Zika, Chloe Zipperer

Members and Friends Serving in Our Nation's Military

Ethan Collins, Taiylar Foppe Merrel, Josh Merrel, Ryan McKenzie, Amy Morgan

Members celebrating birthdays this week: Nancy Tributout (2/10)

Mark Times

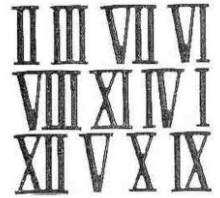
News & Notes for February 8, 2026

THE WEEK AHEAD

Wednesday, February 11:	9:30AM	Evangelism/Social Ministry – Conference Room
	12:00PM	Ladies Lunch Bunch -
Thursday, February 12:	4:15PM	Chancel choir
	6:00PM	Bell Choir
Friday, February 14:	6:00PM	Federation Friday – Parish Hall

Today's Adult Forum: *Origins: Adding Up*

In advance of tonight's Super Bowl **LX** in the year of Our Lord **MMXXVI**, Pastor Brian will lead an Adult Forum class exploring **the origins and use of Roman numerals**, from ancient Rome through their role in modern traditions like the NFL's championship numbering. All are invited to deepen their understanding of this timeless numeral system and its surprising legacy across history and culture!



Great (Super) Bowls of Fire!



St. George's famous **white chili** (both mild and hot) is on sale **TODAY, Sunday, February 8** after each church service and from **noon to 3:00PM** in the Parish Hall. Cost is **\$12 per quart for walk-ins sale**. Proceeds benefit our food pantry.



“Federation Friday” *Star Trek* Gathering on February 13



Attention St. Mark and St. George's Trekkies and friends! We will gather from across the quadrant **THIS Friday, February 13** at **6:00PM** in the **Parish Hall**. Join us for out-of-this-world adventure and conversation as we enjoy an episode together and note the theological themes within. Wear your *Trek* uniforms/t-shirts if you've got them, and bring a dish to share – fresh or replicated!

Ladies Lunch Bunch

For February's gathering, the LLB will meet **THIS Wednesday, February 11** at **12 noon** at **Pappo's Pizzeria** (15 Ludwig Dr., Fairview Heights). **Call Jan Litherland 618-978-6364** with questions.



Shrove Tuesday Pancake Supper Returns in Two Tuesdays!

St. Mark members are invited to St. George's annual Pancake Supper on **Tuesday, February 17 from 5:30-7:00PM** in the **Parish Hall**. Pancakes & sausage are the traditional fare for this day since meat, eggs, fat & butter were prohibited during Lent. Freewill donations will be accepted.



Ash Wednesday

St. George's hosts our joint Ash Wednesday services on **Wednesday, February 18** at **9:30AM** and **7:00PM**, both in the **church**. Father Mark will preside at the Eucharist, both Pastor Brian & Father Mark will assist in the imposition of ashes, and Pr. Brian will preach.

Midweek Lenten Soup Suppers

Come enjoy a nice evening of fellowship over a meal of soup and salad at 6:00PM in the Parish Hall **starting Wednesday, February 25**, before joining us in the church for evening prayer.

Form a group and host one of the suppers! A sign-up sheet is in the Parish Hall near the coffee stand.

Yoga Day Change in February

To accommodate Lenten midweek activities for both churches, yoga classes have moved to **Mondays at 6:30pm through the end of May**.

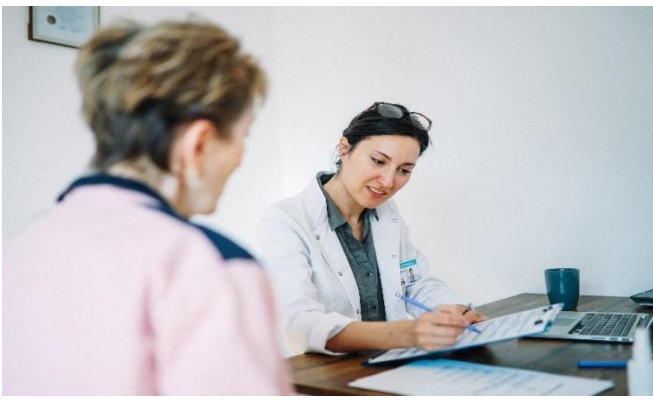


50th Anniversary Committee

St. Mark Lutheran Church celebrates the 50th anniversary of its first worship service on December 6, 2026. This will kick off a year of celebration surrounding our 50th year. We are looking for members who might be interested in serving on a **planning committee** to devise ideas for events to help celebrate this milestone. Please contact Pastor Brian if you're interested!

St. Mark Offerings for 2/1: General Fund: \$2,851;





St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
February 2026

February is Heart Health Awareness Month

Heart Health refers to the overall well-being of your heart and blood vessels. It includes preventing heart disease, recognizing symptoms early, and supporting long-term cardiovascular wellness. According to the CDC, heart disease accounts for 1 in 5 deaths in the United States and it is the leading cause of death in the United States. Due to this fact, making prevention and awareness of Heart Health is essential.

Heart disease refers to several conditions, including:

- Coronary Artery Disease (CAD) –the most common type is reduced blood flow to the heart that can lead to a heart attack
- Arrhythmias – heartbeats that are irregular, too fast, or too slow
- Heart Failure – The heart cannot pump blood effectively
- Heart Valve Problems – valves do not open or close correctly
- Peripheral Vascular Disease – this affects blood vessels outside the heart

Common warning signs of heart disease

- Chest pain, pressure, or discomfort
- Sudden shortness of breath or trouble
- Extreme fatigue
- Nausea or heart-burn like sensations
- Swelling in legs, ankles, or abdomen
- Fluttering or racing heart rate
- Pain in the back, neck, jaw, or arms
- Feeling faint or light-headed

Some people have silent heart disease and don't notice symptoms until a major event occurs like a heart attack.

Three major cardiac risk factors:

- High blood pressure
- High cholesterol
- Smoking

Other risk factors:

- Diabetes
- Obesity
- Physical inactivity
- Unhealthy diet
- Excessive alcohol use
- A family history of heart disease

Evidence-based steps to strengthen your heart:

- Move your body aiming for regular physical activity such as walking, gardening, dancing or structured exercise
- Eat heart-healthy foods such as fruits, vegetables, whole grains, lean proteins and healthy fats
- Manage stress
- Know your vital sign numbers, such as blood pressure, blood sugar, cholesterol and weight, and keep them in normal ranges
- Avoid tobacco.

When you are diagnosed with heart disease, treatment may include:

- Medications
- Lifestyle changes
- Procedures like angioplasty or stent placement
- Cardiac rehabilitation, which is a supervised program of exercise, education, and counseling

Healthy Habits, regular checkups, and knowing the warning signs can help keep your heart healthy!

REMINDER

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Upper Respiratory Infections: If you have symptoms of the flu, common cold, or COVID, please wear a mask to prevent spreading to others who may be vulnerable to infection. Everyone should be washing their hands diligently or using hand sanitizer as needed. Common symptoms include fever, runny nose, cough, or sore throat. These upper respiratory infections are very active right now, so please take care of yourself!!