

Subject: A game-changing recipe

Preview: Plus: Heart month, winter date ideas, donating milk, a big investment and national guard help.

Show your heart some love

You may not shower yourself with roses or chocolates this Valentine's Day, but you can still profess your love for your heart! Especially by knowing the early signs of heart attack for men and women. Keep these tips top of mind and stay on-beat with your heart health.

TAKE IT TO HEART

Link > <https://www.ohiohealth.com/heartattack>

A game-changing recipe

Move your food game up the ranks with a snack board that's dressed to impress. The Super Bowl is almost here, and your home team is counting on you to fuel their cheering! Fill yourself, family and friends with a fun finger-food feast.

GET SNACKING

Link >

Venture out for Valentine's Day

Don't let low temps put your inspiration on ice! Instead of sticking with the basic dinner date, enjoy a Valentine's Day built for winter weather and happy memories.

BUNDLE UP!

Link > <https://blog.ohiohealth.com/healthy-winter-dates-columbus/>

Mothers' Milk Bank expands

The Family Center Milk Drop at Hancock County WIC is now open and accepting lifesaving donations of breast milk! Many ill and premature infants rely on donated breast milk to grow healthier and stronger, and this new location will support more babies in need.

CAN YOU DONATE?

Link > <https://newsroom.ohiohealth.com/ohiohealth-mothers-milk-bank-to-open-milk-dropsite-at-the-family-center-at-hancock-county-wic/>

Branching out west

OhioHealth Doctors Hospital is growing! This year, our Westside neighbors will begin to see renovations to the medical offices next door, as well as new services within the hospital. We've been committed to care in the area for 50 years — here's to 50 more!

CARE CLOSE TO HOME

Link > <https://newsroom.ohiohealth.com/ohiohealth-makes-new-investments-in-west-columbus/>

Support for the surge

The Ohio National Guard was deployed to OhioHealth hospitals, providing needed relief through our most recent COVID-19 surge. We're grateful for their support of our patients and families!

A BIG THANK YOU

Link > <https://newsroom.ohiohealth.com/ohio-national-guard-providing-assistance-at-ohiohealth/>

Quick updates

You can order four free COVID-19 tests just by visiting COVIDTests.gov. It only takes a few seconds, and they'll be delivered right to your door!