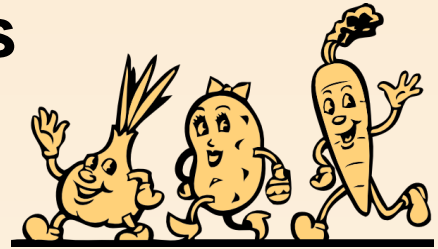


# Community Connections

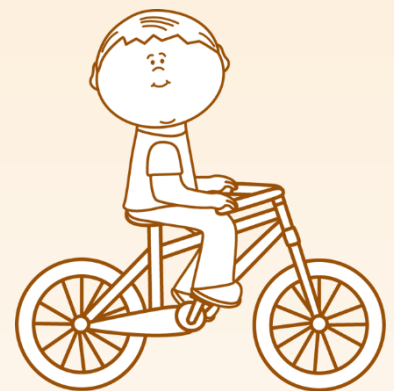
## Make Heart-Healthy Choices

*A healthy heart helps you live a good life.*



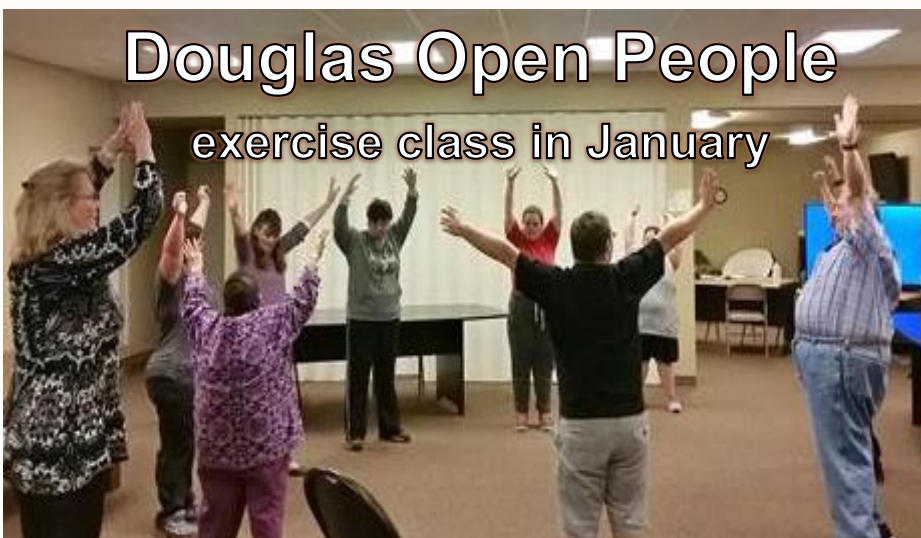
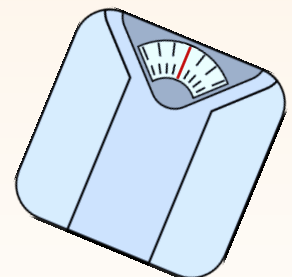
### To keep your heart healthy:

- Eat a healthy diet with lots of fruits and vegetables.
- Cut down on fatty foods like French fries. Cut down on salt.
- Stay at a healthy weight.
- Get lots of exercise.
- Go for a walk. Ride a bike. Do something active that you like.
- Aim for two and a half hours of exercise a week.
- If you smoke, STOP.
- If you do not smoke, do not start.
- Smoking is very bad for you.
- Do not drink too much alcohol.
- Too much alcohol is bad for your heart.
- Look for other ways to manage stress.



### More things you can do to keep your heart healthy:

- Ask your doctor to give you a checkup.
- Talk to your doctor about what you can do to stay healthy.
- Talk to the people who support you about how they can help.



### Every family should be prepared in case of an emergency

We have information for parents to plan for their children's care in the event that they are unavailable for any length of time.

This information is on our website at: [www.sorb.us](http://www.sorb.us) at the top of our front page labeled "Emergency Preparedness".

The packet has all the information and forms you need to ensure your documents are in order in case of an emergency.

Southern Oregon Regional Brokerage  
 2930 NE Stephens Street  
 Roseburg, OR 97470  
 541.672.9140

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**CALLING ALL CUSTOMERS!** We want to send out notices & newsletters to you via email. Please go online to [www.sorb.us](http://www.sorb.us) & on the front page of our website will be this email picture. Click on it and it will take you to a link for you to fill out our online Mailchimp information page.



**February**

<i>Ryan A.</i>	<i>Steven B.</i>	<i>Charles B.</i>	<i>Richard N.</i>	<i>Jon V.</i>	<i>Dawn L.</i>
<i>Bubba H.</i>	<i>Devin S.</i>	<i>Timothy E.</i>	<i>Stacy K.</i>	<i>Steven D.</i>	<i>Kimberly F.</i>
<i>Matthew B.</i>	<i>Destiny S.</i>	<i>Daniel P.</i>	<i>John C.</i>	<i>Shaun S.</i>	<i>Raymond B.</i>
<i>Shanna M.</i>	<i>Daniel M.</i>	<i>Taylor A.</i>	<i>Carene V.</i>	<i>Gina G.</i>	<i>Aaron S.</i>
<i>Michael S.</i>	<i>Jessica H.</i>	<i>Terry L.</i>	<i>Christopher S.</i>	<i>Daniel W.</i>	<i>Pandora D.</i>
<i>Melvin H.</i>	<i>Eric A.</i>	<i>Christopher T.</i>	<i>Tyler C.</i>	<i>Michelle G.</i>	<i>Kristina S.</i>
<i>Cassandra D.</i>	<i>Jackie C.</i>	<i>Justin T.</i>	<i>April S.</i>	<i>Bradley S.</i>	<i>Robert B.</i>
<i>Grace R.</i>	<i>Daniela B.</i>	<i>Amy G.</i>	<i>Justin N.</i>	<i>Billy S.</i>	<i>Danielle B.</i>
<i>Janea S.</i>	<i>Joseph M.</i>	<i>Chad A.</i>	<i>Michael Y.</i>	<i>Anna B.</i>	



<i>Evelyn O.</i>	<i>Theodore J.</i>	<i>Delbert P.</i>	<i>Patricia L.</i>	<i>Tedson W.</i>	<i>Rocky H.</i>	<i>Valery C.</i>
<i>Tammy S.</i>	<i>Alan I.</i>	<i>Laura H.</i>	<i>David L.</i>	<i>Debra T.</i>	<i>Dwight B.</i>	<i>Rebecca D.</i>
<i>Armen M.</i>	<i>Shawn C.</i>	<i>Deborah C.</i>	<i>David W.</i>	<i>Ronald G.</i>	<i>Donna S.</i>	<i>Kyle R.</i>
<i>Belinda D.</i>	<i>Marcus F.</i>	<i>Shannon R.</i>	<i>Juniper S.</i>	<i>Wendi D.</i>	<i>Gregory F.</i>	<i>Will S.</i>
<i>Nichole H.</i>	<i>Cordell A.</i>	<i>Shanahan R.</i>	<i>Eisha D.</i>	<i>Paul T.</i>	<i>Heather P.</i>	<i>Twila S.</i>
<i>Jamie S.</i>	<i>Nicholas S.</i>	<i>Kimberly K.</i>	<i>Justin D.</i>	<i>Casey D.</i>	<i>Justin T.</i>	
<i>Christopher E.</i>	<i>Christina B.</i>	<i>Randal B.</i>	<i>Sophia M.</i>	<i>Xochitl R.</i>	<i>Heather H.</i>	
<i>Steven S.</i>	<i>LaDonna M.</i>	<i>Travis G.</i>	<i>Alisha S.</i>	<i>Crysta A.</i>	<i>Andrew D.</i>	

**March**