

IN THE NEWS

February is National Heart Month.

Be a step steward and start a walking program to keep your heart healthy. Join our virtual walk/run program that lets you walk or run at your own pace and raise awareness about vascular disease in your community. Download a free walking brochure from our Web site at www.vdf.org or call 888.VDF.4INFO to receive your free brochure by mail.

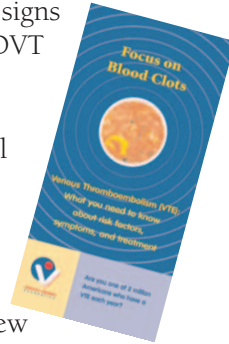
March is DVT Awareness Month.

Learn the warning signs and symptoms of DVT and pulmonary embolism at www.vdf.org or call us to receive your free copy of our "Focus on Blood Clots" brochure. Additionally, the new Venous Disease Coalition will be increasing awareness about DVT in March in conjunction with the Spirit

of Women and their 65 hospitals across the country. Learn about the planned activities and how you can be part of the fun! Visit www.VenousDiseaseCoalition.org for more information.

Keeping in Circulation is now available online!

Did you know that you can now view this newsletter online? You can also search back issues for related articles on topics of your choice. Visit the new *Keeping in Circulation* Web site at www.keepingincirculation.org.



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