



American
Heart
Association.

THANK YOU!

We hope this resource helps you start or maintain a healthy lifestyle while confined to your home. Even in a time of social distancing, it is important to care for our hearts through physical exercise, good food, and taking care of our mental health.

For more information on a healthy lifestyle, please visit www.heart.org.

For science-based information on COVID-19 and heart and brain health, visit www.heart.org/coronavirus.

You can also find additional information from reliable sources here:

Louisiana Department of Health's COVID-19 Website

<http://ldh.la.gov/coronavirus/>

The City of New Orleans Coronavirus Updates

<https://ready.nola.gov/incident/coronavirus/>

East Baton Rouge Parish COVID-19 Resources

<https://www.brla.gov/2151/COVID-19-Novel-Coronavirus-Information>

Well-Ahead Louisiana's Provider Education Network Resources

<https://www.walpen.org/covid-19>

Feeding Louisiana

<https://www.feedinglouisiana.org/covid-19>

New Orleans Food Policy Advisory Committee

<http://www.nolafoodpolicy.org/covid-19>

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