

RADIO ROUNDUP

**a collection of features, oddities,
and helpful tips**



**NORTH AMERICAN
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92 WORDS, 30 SECONDS

HEALTH NEWS AND NOTES

IF YOU'RE EVER LIVING WITH HEART DISEASE OR STROKE, EMOTIONAL SUPPORT FROM FRIENDS, FAMILY AND OTHERS CAN HELP WITH FEELINGS OF DEPRESSION AND ISOLATION. IT CAN EVEN HELP YOU HEAL BETTER AND FASTER, RESEARCH SUGGESTS. THAT'S WHY THE AMERICAN HEART ASSOCIATION AND AMERICAN STROKE ASSOCIATION CREATED A UNIQUE NETWORK TO CONNECT YOU AND THOSE CARING FOR YOU WITH OTHERS ON SIMILAR JOURNEYS. IT ALSO OFFERS TOOLS AND RESOURCES TO IMPROVE YOUR QUALITY OF LIFE. TO JOIN, GO TO [W-W-W--DOT--HEART--DOT--ORG--SLASH--SUPPORT-NETWORK](http://WWW-HEART-ORG-SUPPORT-NETWORK).