



SUPPORT HEART HEALTH



JOIN NATURAL GROCERS'
MISSION TO CREATE
A HEALTHIER AMERICA

Did you know Daylight Saving Time is bad for your heart? There's a nearly 25% increase in the number of heart attacks that occur on the Monday after Daylight Saving Time begins compared to the rest of the Mondays throughout the year.

**Let's put an end to Daylight Saving Time
& support our tickers**

SOURCE: Sandhu, A., Seth, M., & Gurm, H. S. (2014). Daylight savings time and myocardial infarction. *Open Heart*, 1(1). doi: 10.1136/openhrt-2013-000019

**SIGN THE PETITION TO
END DAYLIGHT SAVING TIME**

@ enddaylightsavingtime.org

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