

First Hope Bank Supports American Heart Association

First Hope Bank and the American Heart Association have partnered in the fight against heart disease. Together we aim to increase awareness that heart disease is the leading cause of death among women, increase awareness of the risk factors and increase the number of women who take action to prevent heart disease. A woman's risk for heart disease starts to rise between 40 to 60 years old. It is never too late to take action to prevent and control the risk factors for heart disease.

Every February, First Hope Bank participates in National Go Red Day to draw awareness and start conversations that could change lives. The first Friday in February, all First Hope Bank associates wear red shirts and jeans for this cause. A monetary donation from the proud First Hope Bank associates has been presented to the American Heart Association to aid in their efforts.

From the Heart, For the Heart:

- Take care of yourself – for all the people who love you!
- Schedule your well visit.
- Run or walk with a friend.
- Active is beautiful.
- How about a strawberry yogurt instead of strawberry cheesecake?
- Eat your veggies - they're delicious!
- Little changes make a big difference.
- Keep calm – and reduce stress.

First Hope Bank will continue to spread the awareness of this life changing organization and promote their mission. The values of community and teamwork are engrained in First Hope Bank and we look forward to continuing to make a difference together.

***About First Hope** - First Hope Bank, established in 1911, is a full-service financial institution with locations in Andover, Blainstown, Great Meadows, Hackettstown, Hope and Sparta. Known for its customer service, financial strength and stability, First Hope Bank also offers the sophisticated range of products and services found in large financial institutions including a comprehensive Wealth Management division. First Hope Bank's associates strive every day to fulfill the Bank's motto, "Turning Hope into Reality." Visit First Hope Bank's Web Site at firsthope.com, or email the Bank at info@firsthope.com.*