

EASY AUTOMOTIVE

ASIAN CAR SPECIALISTS

**EASY AUTOMOTIVE LOVES OUR CUSTOMERS
AS MUCH AS WE LOVE THEIR CARS!**

Heart-Healthy Tips from the American Heart Association

This month for Valentine's Day, we're focusing on being heart-healthy! According to the American Heart Association, taking care of your heart starts with simple, everyday habits. Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, staying physically active, getting quality sleep, and avoiding tobacco all play an important role.



The AHA's Life's Essential 8 for heart health include:

- ♥ Eating better
- ♥ Being more active
- ♥ Quitting tobacco
- ♥ Getting healthy sleep
- ♥ Managing weight
- ♥ Controlling cholesterol
- ♥ Managing blood sugar
- ♥ Keeping blood pressure in check

Small changes today can add up to a stronger, healthier heart for years to come!

At Easy Automotive, we care about you and your vehicle. This Valentine's Day, don't forget to show your car a little love for always getting you where you need to go safely and be sure to check out our special below!

Need service?

BOOK NOW



Community Feature: The American Heart Association of Northern California

The American Heart Association is a leading nonprofit dedicated to fighting heart disease and stroke through research, education, and evidence-based health guidelines.

This month, we're spotlighting the Greater Bay Area Go Red for Women initiative. Cardiovascular disease is the leading cause of death for women, yet many are unaware of their risk. Go Red for Women works to raise awareness and close care gaps for women at every stage of life. A portion of proceeds from our special this month will support this important cause.

To learn more, head to ahasanmarcisco.ejoinme.org



WHAT OUR CUSTOMERS ARE SAYING:

We love hearing from our customers!

Here's what one of our recent visitors had to say about their experience at Easy Automotive!



We're proud to provide exceptional care for your vehicle. Have feedback for us? We'd love to hear from you!

Head to EasyAutomotive.net to leave a review!



"Went to other shops for quotes on replacing the engine in my Subaru, and most of them came back with high prices... Easy Automotive was the complete opposite. They offered a fair quote... and backed their work with a solid warranty. Throughout the whole process they kept me updated, explained everything clearly, and delivered work I can trust. I highly recommend them for any major repair."

-John S

*"Sweetheart
deal for your car!"*



\$25 OFF

*any service
\$100 or more!*

*Plus, a portion of
proceeds will be donated
to the American Heart
Association Go Red
for Women
campaign!*