

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Pump Up Your Heart Health Month (PUYH2)	L & L = lunch and learn(12:10-12:50pm)		1	2 Chautauqua Striders Winter 5K Series 9:45am Lakewood Rod and Gun
3	4 Eat Smart NY Lunch and Learn Dunkirk/Lakeshore 12:10-12:50pm	5	6 Wellness Wednesday Sassy Bags Blingo Dunham 7pm	7 PUYH2 reporting Simply Nutrition L&L Dunham WW 5:15-6pm	8	9
10	11	12	13 Wellness Wednesday	14 Valentine's Day PUYH2 reporting WW 5:15-6pm	15	16
17 Random Acts of Kindness Day	18 President's Day TRC HOLIDAY	19	20 Wellness Wednesday Eat Smart NY L & L Dunham	21 PUYH2 reporting WW 5:15-6pm	22	23
24	25 Eating Disorders Awareness Week (2/25-3/3)	26	27 Wellness Wednesday/ Wellness Committee	28 PUYH2 reporting WW 5:15-6pm		
	AMD/Low Vision Awareness Month	American Heart Month	Cancer Prevention Month	Children's Dental Health Month	Teen Dating Violence Awareness Month	