

February

2021

STARS Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRC'S Pump Up Your Heart Challenge	1	2	3 Wellness Wednesday	4 World Cancer Day Yoga 4:30pm-7pm HATHA/VINYASA	5 TRC Gives Back-SPCA (Jamestown/Dunkirk)	6
	8	9	10 Lunch and Learn Love the One You're With 12:10pm	11 Yoga 4:30pm-7pm HATHA/VINYASA	12 TRC Gives Back-SPCA (Jamestown/Dunkirk)	13
14 Valentine's Day	15 President's Day	16	17 Wellness Wednesday	18 Yoga 4:30pm-7pm HATHA/VINYASA	19 TRC Gives Back-SPCA (Jamestown/Dunkirk)	20
21	22	23	24	25 Yoga 4:30pm-7pm HATHA/VINYASA	26 TRC Gives Back-SPCA (Jamestown/Dunkirk)	27
28	AMD/Low Vision Awareness Month	American Heart Month	Teen Dating Violence Awareness Month	Cancer Prevention Month	Children's Dental Month	

