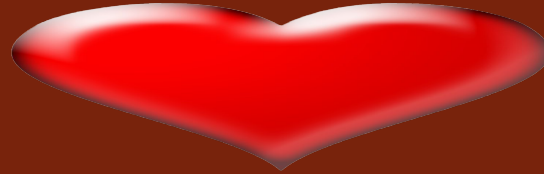


AMERICAN HEART
MONTH

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TAKE THE STAIRS WEEK/PARK FAR AWAY		1	2 Wellness Wednesday	3	4 World Cancer Day	5 National "Wear Red" Day
6 COMMIT TO 30 MINUTES OF ACTIVITY THREE TIMES THIS WEEK	7	8 SNAP-ED Lunch and Learn	9 Wellness Wednesday	10	11	12
13 EAT LOW FAT WEEK	14 	15	16 Wellness Wednesday	17	18	19
20 EAT LOW SODIUM WEEK	21	22	23 Wellness Wednesday	24	25	26
27	28					