








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Heart Month</b>				1 Ask the Heart Surgeon Web Chat*	2  National Wear Red Day! Wear red to raise awareness about Women and Heart Disease.	3
4	5	6  9am – 11am Blood Pressure checks	7 Ask the Heart Doctor Web Chat*	8	9	10
11	12  11:30am-1:30pm Art Therapy Free and open to everyone! Matchbox Messages	13  9am – 11am Blood Pressure checks	14 Valentine's Day	15	16	17
18	19 Presidents' Day	20  9am – 11am Blood Pressure checks	21	22 Valve Disease Awareness Web Chat*	23	24
25	26  11:30am-1:30pm Art Therapy Free and open to everyone! Pull Your Paints Up	27  9am – 11am Blood Pressure checks	28	* Join Web Chats at <a href="http://chat.clevelandclinic.org/">http://chat.clevelandclinic.org/</a>		