






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heart Month					1  National Wear Red Day! Wear red to raise awareness about Women and Heart Disease.	2
3	4	5  9am – 11am Blood Pressure checks	6	7	8	9
10	11 11:30am-1:30pm Art Therapy Free and open to everyone!	12  9am – 11am Blood Pressure checks	13	14 Valentine's Day	15	16
17	18 Presidents' Day	19  9am – 11am Blood Pressure checks	20	21	22	23
24	25 11:30am-1:30pm Art Therapy Free and open to everyone!	26  9am – 11am Blood Pressure checks	27	28		