



American
Heart
Association.

Celebrate **Heart Month** with this interactive calendar!

Click on the links to learn how to be heart -healthy!

See below for events and give backs!

EVENTS:

All Month - \$5 dollars from every Red candle sold goes to the AHA

2/4 - National Wear Red Day

2/1 thru 2/19 - Donate \$5 or more at Hudson's Furniture and receive 10% off your sales purchase

2/11 - Zumba Master Class

2/5 thru 2/29 - Each purchase of a Good Bite menu item at Vanberry's Public House or Ollie's Public House will benefit the AHA

2/23 - Go Red for Women Luncheon

FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>\$5 Candle Give Back</u>				1 <u>Heart Month Toolkit</u>	2 <u>National Wear Red Day</u>	3 <u>Losing Weight</u>
4 <u>Cooking Skills</u>	5 <u>Aortic Aneurysm</u>	6 <u>Heart Healthy Recipes</u>	7 <u>Cardiac Rehab</u>	8 <u>Eat Smart</u>	9 <u>Learn Hands-Only CPR</u>	10 <u>Heart Murmurs</u>
11 <u>Valentine's Day Zumba Master Class</u>	12 <u>Heart-Check Meals</u>	13 <u>Diabetes</u>	14 <u>Add Color To Your Meal</u>	15 <u>Healthy Habits</u>	16 <u>Best Friend Fridays</u>	17 <u>Stroke</u>
18 <u>Heart Failure</u>	19 <u>Mental Health</u>	20 <u>Cholesterol</u>	21 <u>Congenital Heart Defects</u>	22 <u>Getting Active</u>	23 <u>Go Red for Women Luncheon</u>	24 <u>Fitness Benefits</u>
25 <u>Quit Tobacco</u>	26 <u>Cardiac Arrest</u>	27 <u>Horses Have Heart</u>	28 <u>Nation of Lifesavers</u>	29 <u>Heart Homepage</u>		