

FEBRUARY

is American Heart Month

PRESENTED BY THE HEALTH PROMOTION/ DIABETES PROGRAM

Everyone wants to live longer, healthier lives to enjoy all of life's precious moments. American Heart Month is a great way to remind us to focus on our hearts and encourage our friends and families to get involved. Together we can make healthy choices, easy choices.

CALENDAR OF EVENTS:

WHAT	WHERE	WHEN
Wear Red Day	Everywhere	Feb. 2 nd
Ripped	All Nations Fitness Center	Feb. 3 rd 9:00 a.m.
Cooking Demo	KTHC Pharmacy Waiting Room	Feb. 9 th 10:00 a.m.
Zumba	All Nations Fitness Center	Feb. 17 th 9:00 a.m.
Heart Walk	Kickapoo Walking Trail	Feb. 24 th 11:00 a.m. to Noon

For more information, contact the Diabetes Department at 964-2081 ext. 288.

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