

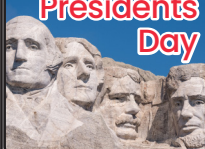




# February 2023

Let's Have  
a Little Fun!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Theme: 8 Sweet Ways to Love Your Heart			1	2 Groundhog Day 	3 National Wear Red Day 	4
5 	6	7	8	9 National Pizza Day 	10	11 Make A Friend Day 
12 Big Game Sunday	13	14 Valentine's Day 	15 Susan B. Anthony's Birthday 	16	17	18
19	20 Presidents Day 	21 Mardi Gras 	22	23 National Chili Day 	24	25
26	27	28	Therapy Theme: Know the Facts About Heart Disease			

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