

American Heart Month

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Family Latin Dance Class East Columbia Library 11:00-11:45am	2 Super Bowl Sunday: Check out these Super Bowl Healthy Recipes
3 Meatless Monday: Check out these meatless recipes	4 Living a Heart Healthy Life Class East Columbia Library 1:00-2:00pm	5 Workout Wednesdays: Try a New Exercise	6 Try at least one new Heart Healthy Fruit & Vegetable	7 Support Women and sport red for National Wear Red Day ®	8 Stress Free Saturday: Relax and renew year-round at HC's open spaces and wellness places	9 Soul Sunday: Learn different styles of Meditation
10 Blood Pressure Screening Miller Branch Library 2:00-3:00pm	11 Blood Pressure Screening Elkridge Library 1:00-3:00pm	12 Wisdom Wednesdays: Find/share an inspirational quote with a loved one	13 Getting your Garden Ready for Spring Savage Library 7:00-8:30pm	14 Show Love: Plan a Heart Healthy Date for yourself or partner	15 Friendly Pet Therapy East Columbia Library 1:00-2:00pm	16 Sleep-In Sunday: Get 8 hours of sleep to prepare for next week
17 Mindful Monday: Check out strategies for Mindful Eating	18 Thankful Tuesday: Express Gratitude for Heart Health	19 Wacky Wednesday: Share a laugh or funny video with a loved one	20 Tough It Out Thursday: Try out these Strength & Balance Exercises	21 Family Friday: Include active games in family game night that makes you move	22 Swap-Out Saturday: Swap out sweets for a Healthy Snack	23 Save Time Sunday: Prep for the work week with these heart-healthy Meal Prep Tips
24 Marching Monday: March in place during downtime	25 Thoughtful Tuesday: Volunteer in your community	26 Walk-It-Out Wednesday: Walk for 30 minutes	27 Coloring for Creativity, Focus, & Relaxation Savage Library 6:00-7:00pm Know the Risks: E-Cigs & Vaping Savage Library 7:00-8:00pm	28 Fun Friday: Check out Rec & Parks Winter Activity Guide	29 Spread awareness about The Heart Truth	