

FEBRUARY

February is American Heart Month.

All steps this month are related to heart health.

START 01 Heart Health Class
Feb. 7 @ 5:30 pm, or Feb. 10 @ 10 am

02 Weekly Tai Chi Classes
Mondays @ 10 am
Wednesdays @ 6:30 pm

03 Cooking Class
Feb. 16 @ 6:00 pm

04 Health Evaluation
Due by Feb. 28

05 Change a Habit
Due by Feb. 28

MY TRACKING ID #

Use this # to keep monthly health evaluations private.

MONTHLY STATS:

FEBRUARY

Blood Pressure _____
Weight _____

MARCH

Blood Pressure _____
Weight _____

APRIL

Blood Pressure _____
Weight _____

MAY

Blood Pressure _____
Weight _____

JUNE

Blood Pressure _____
Weight _____

MARCH

March we're focusing on lung health.

All steps this month are related to lung health.

01 Healthy Lungs Class
Mar. 7 @ 5:30 pm, or Mar. 8 @ 10 am

02 Weekly Tai Chi Classes
Mondays @ 10 am
Wednesdays @ 6:30 pm

03 Cooking Class
Mar. 28 @ 6:00 pm

04 Health Evaluation
Due by Mar. 31

05 Change a Habit
Due by Mar. 31

APRIL

April we're focusing on immunizations.

All steps this month are related to immunizations.

01 Immunizations Class
Apr. 3 @ 10 am, or Apr. 6 @ 6 pm

02 Weekly Tai Chi Classes
Mondays @ 10 am
Wednesdays @ 6:30 pm

03 Cooking Class
Apr. 25 @ 6 pm

04 Health Evaluation
Due by Apr. 30

05 Change a Habit
Due by Apr. 30

MAY

May is American Stroke Awareness Month

All steps this month are related to stroke awareness.

01 Stroke Prevention Class
May 2 @ 6 pm, or May 3 @ 10 am

02 Weekly Tai Chi Classes
Mondays @ 10 am
Wednesdays @ 6:30 pm

03 Cooking Class
May 18 @ 6 pm

04 Health Evaluation
Due by May 31

05 Change a Habit
Due by May 31

JUNE

June is Nat'l Fresh Fruit & Veggies Month.

All steps this month are related to eating healthy.

01 Eat Fruits & Veggies Class
June 6 @ 6 pm, or June 7 @ 10 am

02 Weekly Tai Chi Classes
Mondays @ 10 am
Wednesdays @ 6:30 pm

03 Cooking Class
June 22 @ 6 pm

04 Health Evaluation
Due by June 30

05 Change a Habit
Due by June 30

FINISH