WOODLAND COMMUNITY CALENDAR

Saturday

				Bingocize 1pm - 2pm	1 YEAR 2	3
4 WORLD CANCER DAY	5	6 Bingocize 1pm - 2pm	7	Bingocize 1pm - 2pm	3 9	10
11	12	13 Bingocize 1pm - 2pm	14 Health Series Luncheon 12pm - 2pm	1: Bingocize 1pm - 2pm	5 16	17
18	19 Presidents Day NVIH CLOSED	20 Bingocize 1pm - 2pm	21	2. Bingocize 1pm - 2pm	2 23	24
25	26	27 Bingocize 1pm - 2pm	28	29 Bingocize 1pm - 2pm	⁹ HEART HEAL ⁻	TH MONTH



Cebruary, Monday

NVIH.org/Community-Health-and-Outreach

Chico: (530) 899-5156 | Willows: (530) 934-5431 | Woodland: (530) 207-5483

Community Events

Bingocize

A 10-week health promotion program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people while learning about ways to reduce falls.

Date: Tuesdays, February 6, 13, 20, 27 Thursday, February 1, 8, 15, 22, and 29 Time: 1 PM - 2 PM Location: Conference Room, 1280 E. Gibson Rd. Woodland

Health Series Luncheon

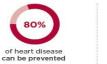
Come join us for our February Health Series Luncheon! Enjoy a monthly health education presentation, participate in a craft, and have some lunch!

Date: Thursday, February 14 Time: 12:00 - 2:00 pm Location: Conference Room, 1280 E. Gibson Rd. Woodland Guard Jour Heart HEART MONTH February is American Heart Month

















TAKE CONTROL of your HEART HEALTH





Schedule a doctor's appointment or learn more about heart health at cedars-sinal.edu

CEDARS-SINAI.



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