

February

WOODLAND COMMUNITY CALENDAR

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

					1 Bingocize 1pm - 2pm	2 	3
4 	5	6 Bingocize 1pm - 2pm	7	8 Bingocize 1pm - 2pm	9	10	
11	12	13 Bingocize 1pm - 2pm	14 Health Series Luncheon 12pm - 2pm	15 Bingocize 1pm - 2pm	16	17	
18	19 Presidents Day NVIH CLOSED	20 Bingocize 1pm - 2pm	21	22 Bingocize 1pm - 2pm	23	24	
25	26	27 Bingocize 1pm - 2pm	28	29 Bingocize 1pm - 2pm	HEART HEALTH MONTH		



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 Your Heart
HEART MONTH

February is **American Heart Month**

Heart Disease is the #1 cause of death in the US and worldwide.

85.6 million people in the US live with cardiovascular disease.

80% of heart disease can be prevented.

1 in 3 women have some form of heart disease.

32.6% of adults -about 80 million- have high blood pressure.

316.6 Billion: Direct and indirect costs of heart disease.

TAKE 20
Reduce your heart attack risk with **20 minutes of exercise daily.**

TAKE CONTROL of your **HEART HEALTH**

- Manage blood pressure
- Know your blood sugar
- Control cholesterol
- Stop smoking
- Maintain a healthy weight
- Eat clean
- Watch salt intake
- Talk to your doctor about your heart

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

CEDARS-SINAL

SOURCE: American Heart Association, Go Red for Women, Centers for Disease Control