

February

CHICO COMMUNITY CALENDAR HEART HEALTH MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	Wear Red Day	2	3
World Cancer Day	4	5	6	7	8	9	10
	Bingocize 2:30 - 3:30 pm		Elders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm		Health Series Luncheon 12 - 2 pm		
11	12	13	14	15	16	17	
	Bingocize 2:30 - 3:30 pm		Elders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm	International Childhood Cancer Day			
18	19	20	21	22	23	24	
	PRESIDENTS' DAY NVIH CLOSED		Elders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm				
25	26	27	28	29			
	Bingocize 2:30 - 3:30 pm		Elders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm				



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: Mondays, February 5, 12, and 26

Wednesdays, February 7, 14, 21, and 28

Time: 2:30 - 3:30 PM

Location: Conference Room, 1990 Concord Ave. Chico

Elders' Nutrition Workshop

A 4-week nutrition workshop where we will talk about healthy habits, a wholesome diet, understanding labels and ingredients, and healthy living.

Date: Wednesdays, February 7, 14, 21, and 28

Time: 1:00 - 2:00 pm

Location: Conference Room, 1990 Concord Ave. Chico

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 8

Time: 12:00 - 2:00 pm

Location: Conference Room, 1990 Concord Ave. Chico



Northern Valley Indian Health

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-sinai.edu

CEDARS-SINAL

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

NVIH.org/Community-Health-and-Outreach

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