| Feb I | Uary, Monday | T uesday | -Weslnesday | Thursday | Friday | NITY CALENDAR ART HEALTH MONTH Saturday |
|--------------------|--|-----------------|--|---|----------------|--|
| | | | | | Wear Red Day 2 | 3 |
| World Cancer Day 4 | 5 Bingocize 2:30 - 3:30 pm | 6 | Flders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm | Health Series Luncheon 12 - 2 pm | 9 | 10 |
| 11 | Bingocize 2:30 - 3:30 pm | 13 | Elders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm | International 15 Childhood Cancer Day | 16 | 17 |
| 18 | PRESIDENTS' 19 DAY NVIH CLOSED | 20 | Elders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm | 22 | 23 | 24 |
| 25 | 26 Bingocize 2:30 - 3:30 pm | 27 | Elders' Nutrition Workshop 1 - 2 pm Bingocize 2:30 - 3:30 pm | 29 | | |



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: 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

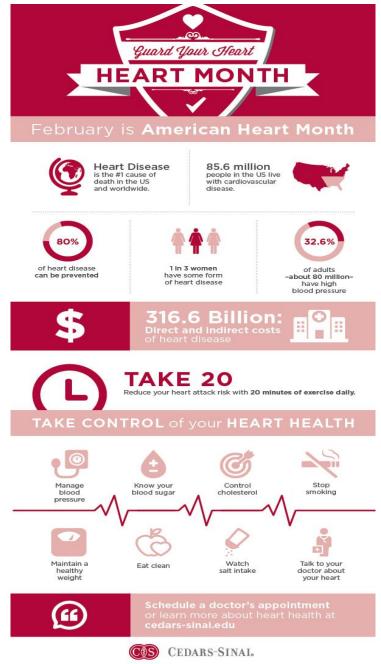
Location: Conference Room, 1990 Concord Ave. Chico

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







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