


February

WILLOWS COMMUNITY CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------------------------|---|-----------|---|-------------------------------|----------|
| | | | | 1 MMC GIR Bingocize | 2 Willows Bingocize | 3 |
| 4  | 5 | 6 Willows Health Series Luncheon GIR Bingocize Willows Bingocize | 7 | 8 MMC GIR Bingocize | 9 Willows Bingocize | 10 |
| 11 | 12 | 13 GIR Bingocize Willows Bingocize | 14 | 15 GIR Health Series Luncheon MMC GIR Bingocize | 16 Willows Bingocize | 17 |
| 18 | 19 Presidents Day NVIH CLOSED | 20 GIR Bingocize Willows Bingocize | 21 | 22 MMC GIR Bingocize | 23 Willows Bingocize | 24 |
| 25 | 26 | 27 GIR Bingocize Willows Bingocize | 28 | 29 MMC GIR Bingocize | 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: Tues & Fri. Feb 2, 6, 9, 13, 16, 20, 23, 27

Time: 2 PM - 3 PM

Location: Willows Kitchen

Date: Tues & Thurs Feb 6, 8, 13, 15, 20, 22, 27, 29

Time: 10 AM - 11 AM

Location: Grindstone Tribal Office, GIR

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: Tues Feb 6th

Time: 12 PM - 2 PM

Location: Willows Kitchen

Date: Thurs Feb 15th

Time: 11 AM - 1 PM

Location: Grindstone Tribal Office, GIR

Mobile Medical Clinic

Mobile Medical Schedule and walk-in appointments are available at Mobile Medical Clinic. Join Community Health and Outreach will be hosting light activities and refreshments.

Date: Thurs Feb 1, 8, 15, 22, 29

Time: 9 AM - 3 PM

Location: Grindstone Tribal Office, GIR



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-sinal.edu

CEDARS-SINAL

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

NVIH.org/Community-Health-and-Outreach

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