

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Guided Group @ 6pm, sign up here.	2	3 Heart-healthy Habit STAY ACTIVE Today take a walk	4
5	6 Self-administered Intake Summary (initial or review for changes)	7	8 Guided Group @ 6pm, sign up here.	9 Heart-healthy Habit Today get your cholesterol tested	10	11 Grandmother Achievement Day Recognize your grandmother for her achievements. 
12 Support Team (initial or review for changes)	13	14 National Organ Donor Day Valentine's Day 	15 Guided Group @ 6pm, sign up here.	16	17 Random Acts of Kindness Day 	18
19	20 PRESIDENT'S DAY 	21	22 Guided Group @ 6pm, sign up here.	23 Heart-healthy Habit EAT SMART Today don't drink that soda have water instead	24	25
26	27	28 Heart-healthy Habit Today check your blood pressure				

January 1-March 31: Medicare General Enrollment