

FEBRUARY 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4 WORLD CANCER DAY LiveWell EAT RIGHT FOR LIFE Program - Session #2, 3:00 p.m.	7	6	7	8	9
10	11	12 WELLNESS WEDNESDAY Webinar - Livewell Program & Wellness Benefits - 12 Noon	13	14 Valentine's Day	15	16
17 WELLNESS Webinar - Heart Health 101 - 12 Noon	18 WELLNESS PARTNER SPOTLIGHT Webinar - CORE Heart Health Center, 12 Noon	19	20	21	22	23 PALS Annual Walk 2023 - In-person 9:00 a.m. or Virtual
24	25 LiveWell EAT RIGHT FOR LIFE Program - Session #3, 3:00 p.m.	26	27	28		
		NOTES: Heart Month; Oral Health Month				