

Heart Health Month Virtual Events

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Blank event box

1 Dr. Jennifer Tuteur
Heart Health Chat with
SD Regional Chamber
Watch Anytime!

2 Blank event box

3 12-3 pm
Grandparents Raising
Grandchildren Drive-
Thru Giveaway
RSVP

4 Blank event box

5 12:00 pm
OG Yoga
Stress Relieving Yoga to
Reduce Hypertension
Zoom PW: ogyoga

6 Blank event box

7 Blank event box

8 Love Your Heart Week

9 Dr. Davey, DDS
Connection between
Oral Health &
Overall Health
Watch anytime!

10 Love Your Heart Week

11 4:30 pm
American Heart Assoc.
Empowered to Know
Your Numbers

12 12:00 pm
County Parks - Choose
Your Own Park
Adventure - Get Active,
Reduce Stress

13 9:00 am-12:00 pm
Ramona HEART Murals
Walking Tour - Get
Active, Reduce Stress

14 Love Your Heart Week

15 Sonia's Healthy Corner
3-4-5 Healthy Recipes
Watch anytime!

16 Blank event box

17 Blank event box

18 12:00-1:00 pm
CalFresh Bilingual
Heart Healthy Nutrition
& Cooking Demo
(en ingles y español)

19 Blank event box

20 Blank event box

21 Blank event box

22 Blank event box

23 Blank event box

24 5:00 pm
Dr. Crotty Alexander
Smoking, Vaping &
Heart Health

25 Blank event box

26 Fit City Adventures
Mastering the Mind,
Body & Breath
Watch anytime!

27 Blank event box

28 Blank event box

 Love Your Heart Week



FEBRUARY 2021

LoveYourHeartSD.org