


Week of Action Events - February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6</p> <p>9:00 am-2:30 pm San Diego Blood Bank Blood Drive with Ohr Shalom Synagogue</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>2:30-3:30 pm East Co. Senior Service Providers Heart Health Month Meeting Wear Red!</p>	<p>10</p>	<p>11</p> <p>10:00 am Love Your Heart Press Conference Kick-off</p> <p>10:00 am-2:45 pm Y Active Adults 50+ Heart Health Event</p>	<p>12</p> <p>9:00 am-12:00 pm Ramona HEART Murals DIY Walking Tour</p> <p>12:00-4:00 pm Community Fair for Heart Health</p>
<p>13</p> <p>American Heart Assoc. Empowered to Know Your Numbers Watch Anytime!</p>	<p>14</p> <p>Today is LOVE  HEART Day! Have your blood pressure checked!</p>	<p>15</p> <p>Sonia's Healthy Corner 3-4-5 Healthy Recipes Watch anytime!</p>	<p>16</p> <p>Dr. Davey, DDS Connection between Oral Health & Overall Health Watch anytime!</p>	<p>17</p> <p>2:00-3:00pm CalFresh Bilingual Heart Healthy Nutrition & Cooking Demo (en <u>ingles</u> y <u>español</u>)</p>	<p>18</p> <p>Dr. Jennifer Tuteur Heart Health Chat with SD Regional Chamber Watch Anytime!</p>	<p>19</p> <p>12:00-2:00 pm SAY SD "Dad Corps" Healthy Start Drive-thru Event</p> <p>County Parks - Get Active, Reduce Stress Watch Anytime!</p>
<p>20</p> <p>Fit City Adventures Mastering the Mind, Body & Breath Watch anytime!</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>

 Love Your Heart Week of Action February 12-20, 2022

