

# February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1 New Yoga schedule starts today! Email wellness@apismgt.org for info!	2 Be sure to create your account on ADP and check daily for updates!	3 Finance Friday: Contact Jack McDonald for 401K tips! jmcdonald@jkj.com	4 WORLD CANCER DAY <b>HOPE</b> 4 FEBRUARY	
5 <a href="#">Move More for a Healthy Heart</a>	6 Make time in your day for some YOU time!	7 Fill half of your lunch and dinner plates with vegetables.	8 Perform a random act of kindness today.	9 Serving Up Knowledge: Interactive Heart Health Bingo! 12p EST.	10 <a href="#">Heart Healthy - 1 Mile Walk at Home!</a>	11 How many glasses of water did you drink today?	
12 <a href="#">Recipe Corner: Philly Cheesesteak Stuffed Peppers</a>	13 Use the stairs today and/or park further away.	14 Serving Up Knowledge: Interactive Heart Health Bingo! 12p EST.	15 International Childhood Cancer Day: Wear Gold	16 <a href="#">Heart Healthy Foods - Shopping List</a>	17 Compliment someone today.	18 Find out your family health history.	
19 Ask a neighbor or family member to go for a walk with you.	20 <a href="#">Beginners Chair Cardio Workout! 15 minutes! No Impact!</a>	21 Head to bed with enough time for 7-8 hours of sleep.	22 Place a hand on your heart and take 3 deep breaths.	23 <a href="#">Stress less. Practice mindful meditation for 10 minutes.</a>	24 <a href="#">How to Lower Your Risk for Heart Disease</a>	25 <a href="#">Recipe Corner: Marshmallow Popcorn Bars</a>	
26 Dance for 15 minutes to your favorite music!	27 <a href="#">Get a tape measure and find out your waist size.</a>	28 Limit your intake of sugary drinks.	<div data-bbox="953 1149 1827 1469" data-label="Complex-Block"> <p style="text-align: center;"><b>7 Days of Self-Care</b></p> <div style="display: grid; grid-template-columns: repeat(3, 1fr); gap: 5px;"> <div style="background-color: #1a3d4d; color: white; padding: 5px;"> <p><b>#MindfulMonday</b> Know your <b>blood pressure numbers</b> and other heart stats</p> </div> <div style="background-color: #1a3d4d; color: white; padding: 5px;"> <p><b>#TastyTuesday</b> Try a <b>tasty, heart-healthy recipe</b></p> </div> <div style="background-color: #1a3d4d; color: white; padding: 5px;"> <p><b>#WellnessWednesday</b> Put your <b>heart</b> into your wellness routine</p> </div> <div style="background-color: #1a3d4d; color: white; padding: 5px;"> <p><b>#TreatYourselfThursday</b> Treat your heart to some <b>relaxation and fun</b></p> </div> <div style="background-color: #1a3d4d; color: white; padding: 5px;"> <p><b>#FollowFriday</b> <b>Share who inspires you</b> to show your heart more love</p> </div> <div style="background-color: #1a3d4d; color: white; padding: 5px;"> <p><b>#SelfieSaturday</b> Post about your favorite way to take care of <b>your heart</b></p> </div> </div> </div>			<div data-bbox="1535 1149 1827 1469" data-label="Complex-Block"> <p><b>#SelfcareSunday</b> Create your <b>self-care checklist</b> for the week</p> </div>	
5	6	Notes					



**#OurHearts**