



Calendar for Holistic Wellness: Events-Classes-Series-Programs

FEBRUARY 2012

Sun	Mon	Tuesday	We	Thursday	Friday	Sa
			1	2	3 WEAR RED DAY	4
5	6	7 Tobacco Cessation 2 pm – 3 pm @ Employee Medical Diabetes Academy Darby Graves, RD 10:00 – 11:00 am @ BAS- Public Meeting Rm 5 th floor	8	9	10	11
12	13	14 Diabetes Academy 10:00 – 11:00 am @ BAS- Public Meeting Rm 5 th floor "10 Things You Should Know About the Law" 11 am & 1pm @ City Hall-Comm Rm-2 nd Floor Attorney Mike Wells	15	16 Talking Cancer with Friends and Family: What TO SAY & What NOT TO SAY 1pm -2pm @ Manson Meads Julie Lanford, Cancer Services	17 Women's Heart Health Lecture 9 am – 10 am @BAS – Public Meeting Room 5 th Floor Dr. Stephen A. Hubbard	18
19	20	21 Diabetes Academy Darby Graves, RD 10:00 – 11:00 am @ BAS- Public Meeting Rm 5 th floor Heart & Stroke Education/Awareness 2:30 pm – 3:30 pm @ EMS Dr. Chere Chase-Gregory	22	23 Heart & Stroke Education/Awareness 1:00 pm – 2:00 pm @ Public Safety Center Dr. Chere Chase-Gregory	24	25
26	27	28 Diabetes Academy Darby Graves, RD 10:00 – 11:00 am @ BAS- Public Meeting Rm 5 th floor	29			