

# February 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 WELLNESS WEDNESDAY - Livewell Program & VP Platform Demo Webinar - 11:30 a.m.	2	3	4 WORLD CANCER DAY	5
6	7 PARTNER SPOTLIGHT - Premier Health & Wellness Center - 11:30am AST	8	9 LIVEWELL EAT RIGHT FOR LIFE Program - Session #2 - 3:00 p.m.	10	11	12
13 Valentine's Day  Healthy Habit Challenge: Celebrate Yourself	14 Healthy Habit Challenge: Celebrate Yourself	15 Healthy Habit Challenge: Celebrate Yourself  WELLNESS WEDNESDAY - Tips to Reduce Your Cancer Risk Webinar - 12:00 p.m. AST	16 Healthy Habit Challenge: Celebrate Yourself	17 Healthy Habit Challenge: Celebrate Yourself	18 Healthy Habit Challenge: Celebrate Yourself	19 Healthy Habit Challenge: Celebrate Yourself
20	21 PARTNER SPOTLIGHT - CORE: Bermuda's Heart Foundation's Heart Health Center - 11:30am AST	22 WELLNESS WEBINAR - Heart Health 101 - 11:30 a.m. AST	23 LIVEWELL EAT RIGHT FOR LIFE Program - Session #3 - 3:00 p.m.	24	25	26 PALS 35th Annual Fundraising Walk
27	28	29	30	31		
		<b>NOTES:</b> Oral Health Month; Heart Month Corporate Challenge: Eco-Friendly Cities Around the World (Jan 30th - Mar 20th, 2023)				