

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13 <u>Blue Access for Members, Mental Health Hub, and Well onTarget Overview: 9:00 a.m.</u>	14 <i>Happy Valentine's Day</i>
15	16 <i>HAPPY Presidents Day</i>	17 <u>Take Control of Your Stress: 3:30 p.m.</u>	18 <u>Vital Signs, Vital Choices: 12:00 p.m.</u>	19	20	21
22	23 Healthy Heart, Healthy You: <u>8:30 a.m. & 3:45 p.m.</u> *only 15 minutes!	24	25 Blood Pressure Basics: <u>8:30 a.m. & 3:45 p.m.</u> *only 15 minutes!	26 <u>TSG Cooking Show: Love at First Bite: Heart-Healthy Snacking: 12:00 p.m.</u>	27	28

Additional Resources

Podcasts:



A guide to living with high blood pressure in [Tips for Managing Blood Pressure](#)

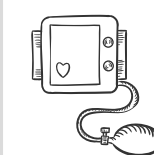


Una guía para vivir con alta presión en [Manejo de Hipertensión](#) (A guide to living with high blood pressure)



Learn about cholesterol guidelines and ways to improve your numbers in [Managing Your Cholesterol](#)

Programs:



[Take Charge of Your Health: 7 week virtual Hypertension Program](#) designed to develop behaviors for a healthier lifestyle.

Program runs February 9 - March 27



[Life on Mindfulness](#): Online platform that gives you a clear and dynamic roadmap toward a life of greater health, well-being, and less stress through mindfulness.



[Microlearning: Fad Diets and Heart Health](#): Self-paced, interactive e-learning course to learn ways to build habits that support long-term heart health