



NIH Wellness ~ February 2013

February is:
[American Heart Month](#)
[National Cancer Prevention Month](#)
[AMD/Low Vision Awareness Month](#)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Have you joined the WellnessNIH LISTSERV</p> <p>Eat Right Live Well</p>				<p>1 National Wear Red Day Zumba Event 11:00am – 11:30am Building 10 / 1SE patio</p>
<p>4 World Cancer Day Black History Month Art Exhibition 9:00am – 1:00pm Building 31 Lobby</p>	<p>5</p>	<p>6</p>	<p>7 Wellness Workshop “Avoiding and Preventing Injury” 4:00pm – 5:00pm Building T-39 (The Loft) Line Dancing 12:00pm – 1:00pm Building 10 / 1SE Patio</p>	<p>8</p>
<p>11 Random Acts of Kindness Week</p>	<p>12</p>	<p>13 National Senior Independence Month</p>	<p>14 Line Dancing 12:00pm – 1:00pm Building 10 / 1SE Patio</p>	<p>15 National Children’s Dental Health Month</p>
<p>18</p>	<p>19 Lunch and Learn Not Just for Kids: Caring for Adult/Elder Dependent Relatives 12:00pm – 1:00pm Building 31 / CR6</p>	<p>20</p>	<p>21 Focus On You Wellness Lecture Series - NHLBI 12:00pm – 1:00pm Building 31 / CR-10 Line Dancing 12:00pm – 1:00pm Building 10 / 1SE Patio</p>	<p>22</p>
<p>25 National Eating Disorders Awareness Week</p>	<p>26</p>	<p>27 Focus On You Wellness Lecture Series - NHLBI 1:00pm – 2:00pm Rockledge 2 / 9th Floor</p>	<p>28 Line Dancing 12:00pm – 1:00pm Building 10 / 1SE Patio</p>	<p>About 1/3 of common cancers can be prevented with healthy living choices such as diet, exercise and weight management.</p>