

To Your Health! February Events

2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 Heart Healthy Food Tasting –Einstein Weight Watchers – Moses/Einstein	11 Heart Healthy Food Tasting – Moses Weight Watchers – Wakefield/Yonkers	12	13
14	15	16 Nutrition Challenge – Moses	17 Nutrition Challenge – Yonkers	18 Heart Healthy Food Tasting – Wakefield	19	20
21	22	23 YMCA Diabetes Prevention - Wakefield	24	25	26	27
28	29					