There are a number of health & wellness observances taking place in the month of February. Visit the websites below to learn more about the resources, available support, and how to get involved.

Random Acts of Kindness Day: February 17th
https://www.randomactsofkindness.org/kindness-ideas

American Heart Month
https://millionhearts.hhs.gov/learn-prevent/prevention.html

National Cancer Prevention Month
http://www.aicr.org/can-prevent/what-you-can-do/index.html