
DID YOU KNOW?

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>

**RANDOM ACTS
OF KINDNESS®**

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>

