
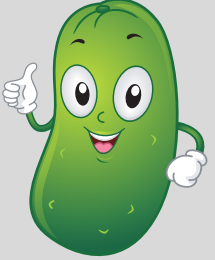









Feel Good February



Week	Monday	Tuesday	Wednesday	Thursday	FRIDAY
February 1-2	Join the 21 Days to a Healthier Heart Challenge from Feb. 7-27. Sign-up by Friday, Feb. 9 for a chance to win a prize: https://stateofennessee.formstack.com/forms/wfhtn_21_days_to_a_healthier_heart_challenge 			Take a Fitness Break with DCS from 10-10:15 a.m. (Calendar invite)	Here's a tip! Try this Healthy Dill Pickle Dip . 
February 5-9	Read about physical activity and cancer risk in recognition of World Cancer Day (Feb. 4).	Join us for a Dance Break from 12-12:15 p.m. (Calendar invite)	Take a 10-minute Fitness Break with DHS from 11-11:10 a.m. (Calendar invite)	Join the Office Exercises Workout from 12-12:15 p.m. (Calendar invite)	Usher in the halftime show with some BBQ Cauliflower Bites . 
February 12-16 	Join Yoga for All from 12-12:15 p.m. (Calendar invite)	Learn how to Build a Culture of Kindness (presented by Optum Health) from 12-12:30 p.m. (Register)	Learn How to Simplify Your Life (presented by Optum Health) from 12-12:30 p.m. (Register)	Join this Meditation Break with TDH from 11:15-11:30 a.m. (Calendar invite)	Random Acts of Kindness Day is Feb. 17 #Make Kindness the Norm
February 19-23	 State Holiday	"Just be yourself, there is no one better." -Taylor Swift	Give your mind a break at Meditation with Nat from 11:30 a.m. – 12 p.m. (Calendar invite)	Check out our new Partners for Health wellness vendor, Sharecare . 	Try this Lightened Up Banana Pudding . 
February 26-29	"Make the most of yourself, for that is all there is of you." -Ralph Waldo Emerson	Read How Can I Reduce High Blood Pressure in honor of American Heart Month.	 Check out our YouTube channel! 	What is a Leap Year? Find out!	Please note: All times listed are in the Central time zone.