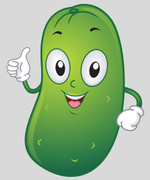
WORKING FOR A HEALTHIER TN

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://stateoftennessee.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.