

CHICO – COMMUNITY CALENDAR



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
3/27	3/28 DEEP 12PM-2PM In-Person Group Children's Health Center	3/29 Food Smarts 1-3PM Virtual Group	3/30	3/31 DEEP 12PM-2PM In-Person Group Children's Health Center	1 Women of Wisdom 5-7 PM BMU Auditorium	2 Autism Day Carnival 10AM-1PM Sycamore Field, Bidwell Park
3	4 DEEP 12PM-2PM In-Person Group Children's Health Center	5	6	7 World Health Day DEEP 12PM-2PM In-Person Group Children's Health Center	8	9
10	11 DEEP 12PM-2PM In-Person Group Children's Health Center	12 Virtual Exercise Group 2:30pm– 3:30pm RSVP Call 530-899-5156	13	14 DEEP 12PM-2PM In-Person Group Children's Health Center	15	16
17	18	19 Virtual Exercise Group 2:30pm– 3:30pm RSVP Call 530-899-5156	20	21 Tai Chi 2:30PM – 4PM Place TBD	22  Happy Earth Day	23
24	25	26 Lung Cancer Screening Day 12:30pm-4:30pm Enloe Conference Center	27	28 Tai Chi 2:30PM – 4PM Place TBD	29	30

If you have questions, contact the Community Health & Outreach Department at 530-899-5156.

COMMUNITY HEALTH & OUTREACH DEPARTMENT STAFF

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CHILD ABUSE
PREVENTION MONTH

Stand up to Child Abuse
Wear Blue Jeans
April 1st

Allergy & Asthma Preparedness

- Identify your triggers
- Understand your symptoms
- Take medications & use inhalers as directed
- Know when to call emergency medical help.

Talk to you provider about creating an **Asthma Action Plan** today.