



WILLOWS- NVIH COMMUNITY CALENDAR



February 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Heart Health Month					1	2
3	4 Matters of Balance Class 12:30pm-2:30pm at NVIH Willows Admin Building	5 Diabetes Education and Empowerment (DEEP) Workshop 1pm-3pm at NVIH Willows	6 Kym - Home Visits Available Call 530-513-0899 for visit	7 Yoga Class 11am-12pm Cooking Class 12-1:30pm NVIH Willows	8	9
10	11 Matters of Balance Class 12:30pm-2:30pm at NVIH Willows Admin Building	12 Diabetes Education and Empowerment (DEEP) Workshop 1pm-3pm at NVIH Willows	13 Vanessa - Home Visits Available Call 530-517-8185 for visit	14	15	16
17	18 Holiday President's Day NVIH CLOSED	19 (DEEP) Workshop 1pm-3pm at NVIH Willows GIR Commods 11am - 12:30pm -GIR Center	20 Willows Commods 11:30am - 1:00pm -NVIH Willows	21 Yoga Class 11am-12pm Cooking Class 12-1:30pm NVIH Willows	22	23
24	25 Matters of Balance Class 12:30pm-2:30pm at NVIH Willows Admin Building	26 Diabetes Education and Empowerment (DEEP) Workshop 1pm-3pm at NVIH Willows	27	28 Elders Lunch Willows 11am-1:30pm		

If you have questions, contact the Community Health Department at 934-5431.

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