












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1  YMCA Health Screenings (Auburn) 6:00pm – 8:00pm	2 <u>Science Night</u> (Assumption St. Bridget) 5:00pm – 9:00pm 	3	4 <u>Be Heart Smart</u> Lecture Series (Overlake) 6:00pm – 9:00pm 	5 National Wear Red Day 	6 <u>Sauvage Healing</u> Heart Guild Auction (Herban Feast) 5:30 - 10:00 pm 	
7	8  YMCA Health Screenings (Auburn) 6:00pm – 8:00pm	9	How are you loving your heart this month?				13
14	15	16	17	18 <u>Healthy Lifestyles</u> Intro Class registration required (Auburn) 6:00pm – 8:00pm 	19	20 <u>On Wings of Hope</u> Rock 'n' Roll Gala (Showbox SoDo) 	
 HOPE HEART INSTITUTE™ FEBRUARY IS HEART MONTH!				25 <u>Science Night</u> (Terrace Park) 5:00pm – 9:00pm 	26	27 <u>Day of Dance</u> (Lynnwood) 11:00am – 3:00pm 	
				Make The Hope your #1 resource for heart health. www.hopeheart.org			