

# FEBRUARY IS HEART HEALTH AWARENESS MONTH

## 2019 Event Schedule

### ♥ February 1, 2019– Go Red Day

This annual event celebrates heart health while raising awareness of heart disease in women.

### ♥ February 4, 2019

BOC American Heart Health Month Proclamation.

### ♥ Hands Only CPR Community Day

The Health Promotion Chronic Disease Prevention (HPCDP) Section will partner with Wake County EMS to provide “Hands Only CPR” trainings for Wake County non-profit organizations.

**February 5, 1:00-2:00** - Triangle Family Services staff

**February 6th and 20th, 10:00-11:00** - Women's Center of Wake County clients and staff

**February 11, 10:00-11:00** - Community WorkForce Solutions clients and staff

### ♥ February 22, 2019 *Feel the Beat: Fitness Night*

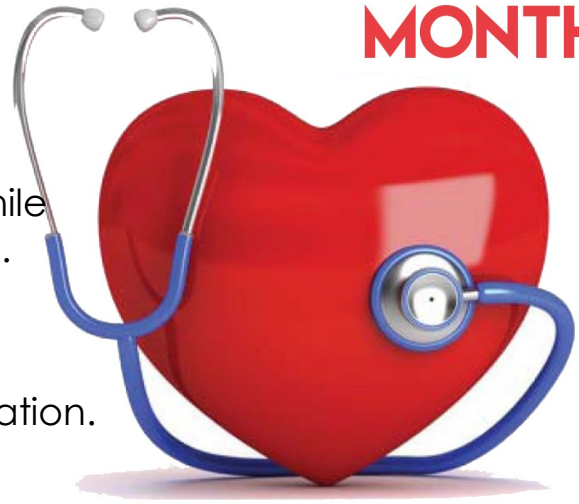
#### **Wake County Commons Building 6PM-8PM**

HPCDP will offer a free exercise night. For two hours, the community will participate in a variety of exercises including Zumba, line dancing, boot camp and kick boxing. Participants will also engage in interactive educational displays to learn ways to reduce their risk of heart disease. At the conclusion of the event participants may enjoy healthy refreshments.

### ♥ Wake County Parks and Recreation Activities

The HPCDP Section will partner with Wake County Parks and Recreation (Blue Jay Point, North Wake Landfill, American Tobacco Trail and Harris Lake County Parks) to Go Red in February. Parks will showcase a Go Red Trail and provide heart health information to park visitors.

**Partners: Wake County Wellness, Wake County EMS, Wake County Parks and Recreation**



## **WCHS Employee Events**

### **Sunnybrook:**

February 1 – National Wear Red Day Photo – 1st floor at 8:45am

February 12 and 15- Sunnybrook Exerband class, G35, 12:00pm - 12:45pm

February 14 – All Staff Hands Only CPR Session, G35, drop in between 1:00pm – 2:15pm

February 28 – Lunch Time Greenway Walk, 1st floor at 12:10.

### **Swinburne:**

February 13 – Bodyfit – Employee Exercises class, Swinburne 2149, 4:30pm - 5:30pm Boot Camp

February 27 – BodyFit – Employee Exercise class, Swinburne 2149, 4:15pm - 5:00pm Zumba

### **NRC:**

February 1 - National Wear Red Day Photo

February 13 – Stretch and Burn class, room 165, 12:00pm - 1:00pm

February 15 – Wear Red Walk

### **Millbrook:**

February 1 - National Wear Red Day Photo – meet at the lobby, 9:30am

February - Exer-band Class, every Wednesday, room 104, 12:30pm - 1:15pm

### **SRC:**

February 6 - Wear Red Photo followed by a walk, meet at the back employee entrance, 11:00am

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**For more information on these events please contact:**

Elizabeth Spender Smith, MAEd

Red Dress Committee Chair

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