

February 2025 calendar of online events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>27</div> <div>Foods to boost digestion 10 a.m.</div> <div>Breathe easier: Healthy lungs 4 p.m.</div>	<div>28</div> <div>Battling the aging brain 9 a.m.</div> <div>Fall asleep, stay asleep 4 p.m.</div>	<div>29</div> <div>Breathe easier: Healthy lungs: Case studies + Q&amp;A 10 a.m.</div> <div>Leaving a legacy 3 p.m.</div>	<div>30</div> <div>Understanding Parkinson's disease 9:30 a.m.</div> <div>Get smart about food labels 4 p.m.</div>	<div>31</div> <div>Protect yourself from scams Noon</div> <div>Trivia: 1950's 3:30 p.m.</div>
<div>3</div> <div>Making your final wishes known 9 a.m.</div> <div>Cooking for one 11 a.m.</div> <div>MIND diet: Foods to fight dementia 3 p.m.</div> <div>What you need to know about Alzheimer's disease 5 p.m.</div>	<div>4</div> <div>Skincare for seniors 8:30 a.m.</div> <div>Building stronger bones 10:30 a.m.</div> <div>Name that tune: Country 2:30 p.m.</div> <div>The power of social connection 4 p.m.</div>	<div>5</div> <div>What you need to know about Alzheimer's disease: Case Studies + Q&amp;A 10 a.m.</div> <div>Navigating life transitions Noon</div> <div>Eating healthy on a budget 2 p.m.</div> <div>Tips to let go of stress 4 p.m.</div>	<div>6</div> <div>Building stronger bones: Case studies &amp; QA 9 a.m.</div> <div>Is your plate heart healthy? 11 a.m.</div> <div>Understanding headaches 3 p.m.</div> <div>Be stroke smart 5 p.m.</div>	<div>7</div> <div>Eating the Mediterranean way 8:30 a.m.</div> <div>The brain-heart connection 10:30 a.m.</div> <div>Aches &amp; pains: What's normal, what's not? 1:30 p.m.</div> <div>Trivia: 1960's 3:30 p.m.</div>
<div>10</div> <div>Stay on beat: Tips to keep your heart healthy 9 a.m.</div> <div>Foods to fight inflammation 11 a.m.</div> <div>Sneaky causes of weight gain 3 p.m.</div> <div>Foods to boost bone health 5 p.m.</div>	<div>11</div> <div>Keep your blood sugar in range 8:30 a.m.</div> <div>Habits of happy people 10:30 a.m.</div> <div>Foods to balance blood sugar 2:30 p.m.</div> <div>How carbs and sugar affect the body 5:30 p.m.</div>	<div>12</div> <div>Stay on beat: Tips to keep your heart healthy: Case Studies + Q&amp;A 10 a.m.</div> <div>Steps to boost your immune system Noon</div> <div>Tips to prevent falls 2 p.m.</div> <div>Caring for common foot problems 4 p.m.</div>	<div>13</div> <div>Keep your blood sugar in range: Case Studies + Q&amp;A 9 a.m.</div> <div>Heart failure: Managing the symptoms 11 a.m.</div> <div>The ABC's of vitamins &amp; supplements 3 p.m.</div> <div>Name that tune: Broadway 5 p.m.</div>	<div>14</div> <div>Heart failure: Managing the symptoms: Case Studies + Q&amp;A 8:30 a.m.</div> <div>Brain-boosting foods 10:30 a.m.</div> <div>Train your brain 1:30 p.m.</div> <div>How to avoid online scams 3:30 p.m.</div>
<div>17</div> <div>Take control of your blood pressure 9 a.m.</div> <div>Battling dangerous belly fat 11 a.m.</div> <div>All about artificial sweeteners 3 p.m.</div> <div>Food &amp; mood: What's the connection? 5 p.m.</div>	<div>18</div> <div>Cancer-fighting superfoods 10:30 a.m.</div> <div>Understanding the science of sleep 1 p.m.</div> <div>The power of positivity 3 p.m.</div> <div>Foods to help fight aging 5 p.m.</div>	<div>19</div> <div>Take control of your blood pressure: Case Studies + Q&amp;A 10 a.m.</div> <div>Habits to help fight Alzheimer's Noon</div> <div>Caring for yourself as a caregiver 2 p.m.</div> <div>Sleep changes for brain health 4 p.m.</div>	<div>20</div> <div>Understanding the science of sleep: Case Studies + Q&amp;A 9 a.m.</div> <div>Trivia: 1970's 11 a.m.</div> <div>Tips to help reduce sodium 3 p.m.</div> <div>Dental health: A window to your well-being 5 p.m.</div>	<div>21</div> <div>How true is that health news? 8:30 a.m.</div> <div>Superfoods 10:30 a.m.</div> <div>Jumpstart healthy habits 1:30 p.m.</div> <div>Eating well when dining out 3:30 p.m.</div>
<div>24</div> <div>Find relief from joint pain 9 a.m.</div> <div>Tips to boost your energy 11 a.m.</div> <div>Sleep better, feel better 3 p.m.</div> <div>A guide to meal planning 5 p.m.</div>	<div>25</div> <div>Mental wellness: A key to wellbeing 8:30 a.m.</div> <div>Decluttering tips and tricks 2:30 p.m.</div>	<div>26</div> <div>Find relief from joint pain: Case Studies + Q&amp;A 10 a.m.</div> <div>Making the most of your doctor visits Noon</div> <div>Create a path to a healthy weight 2 p.m.</div> <div>The shakedown on sugar 4 p.m.</div>	<div>27</div> <div>Mental wellness: A key to wellbeing: Case Studies + Q&amp;A 11 a.m.</div> <div>Relief from seasonal allergies 3 p.m.</div> <div>Colon screenings: What are the options? 5 p.m.</div>	<div>28</div> <div>Leaving a legacy 8:30 a.m.</div> <div>Understanding Parkinson's disease 10:30 a.m.</div> <div>Trivia: 1950's 1:30 p.m.</div> <div>Battling the aging brain 3:30 p.m.</div>