



National Heart Month Events

FEBRUARY 2026

All month long:

- ♥ Gratitude Hearts ♥ Seek and find: Golden Heart ♥ Punch card
- ♥ Heart education in Cardiac and Vascular Departments

♥ = Staff only ♥ = Community welcome

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥ Golden Heart Award nominations open Form 1	♥ Val-o-grams begin CHEC 2 ♥ Spin class Noon to 12:30 p.m. Fitness Center Drop in	♥ Diabetes and cholesterol screening 6:30 to 9:30 a.m. CHEC Register 3	♥ Spin class Noon to 12:30 p.m. Fitness Center Drop in 4	5	♥ Go Red Day: Wear red - meet for photo at Noon CHEC lobby 6 ♥ Meditation class 12:15 and 12:45 p.m. CHEC D2 - 2 drop in	7
8	♥ Total body workout Noon to 12:30 p.m. CHEC D2 - 2 Drop in 9	♥ Living with Heart Failure Class 3 to 5 p.m. CHEC Register 10	♥ Total body workout Noon to 12:30 p.m. CHEC D2 - 2 Drop in 11	♥ Heart Walk 2:30 p.m. 12	♥ Golden Heart Award nominations close Form 13	♥ Val-o-grams end CHEC 14 ♥ Diabetes and cholesterol screening 9 to 11 a.m. SHMC - Woodburn Register
15	♥ Immersive Sound Bath Noon to 12:30 p.m. Register 16 ♥ Pet Therapy delivers Val-o-grams	♥ Spin class 6 to 6:30 a.m. Fitness Center Drop in 17	♥ Immersive Sound Bath Noon Register 18 ♥ STEMI Night: Kids 5:30 p.m. Register ♥ STEMI Night: Adults 6:15 p.m. Register	♥ Spin class 6 to 6:30 a.m. Fitness Center Drop in 19	♥ Meditation class 3:45 and 4:15p.m. CHEC D2 - 2 Drop in 20	21
22	23	♥ Total body workout 6 to 6:30 a.m. CHEC D2 - 2 Drop in 24	♥ Virtual at-your-desk mobility Noon to 12:15 p.m. Join 3:30 to 3:45 p.m. Join 25	♥ Diabetes and cholesterol screening 7 to 9 a.m. - WVH Register 26 ♥ Total body workout 6 to 6:30 a.m. CHEC D2 - 2 drop in	♥ Golden Heart Award presentation 1:30 p.m. Building C COM 27	♥ Punch card ends 28