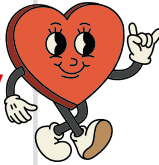









Rutherford County Employee Wellness Calendar

American Heart Month

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Aim for 10k steps a day this week! 	3	4	5	6 National Wear Red Day! 	7
8	9	10 	11 Have a heart healthy snack today! 	12	13 Heart Health Webinar 12:30-1:00Pm	14 Happy Valentines Day 
15	16 	17 Practice a new form of stress management this week!	18	19	20	21 CLIMB indoor climbing class 9-11AM 
22	23 Aim to get 7-9 hours of sleep each night this week! 	24	25	26	27	28