

February 2012

This month...

- **AMD/Low Vision Awareness**
- **American Heart**
- **International Prenatal Infection Prevention**

Phone: 562-427-3462

Fax: 562-427-3179

- **National Cancer Prevention**
- **National Children's Dental Health**
- **National Wise Health Consumer**

American Heart Month



Feb 21

Screening

**STOP
DIABETES**

Sign up for your *free*
Fitness Assessment today!

			1	2		3	4	
5	6	7	8	9		10	11	
12		13	14		15		17	18
19		20		21	<i>Tour de Long Beach Feb 6th–Feb 17th</i>		25	
26	27	28	29		23	24		

*Fit & Ped Club members:
Turn in your cards!*

don't forget!

SUN

MON

TUE

WED

THU

FRI

SAT

One's philosophy is not best expressed in words, but rather in the choices one makes.