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Description automatically generatedNHC Oakridge February 2023 Family Newsletter

Dates to remember:

February 3 – National Wear Red Day: Go Red for Women  
February 14 – Valentine's Day  
February 20 – President's Day  
  
Center Introduction:  
  
Love is in the air and we are excited to celebrate our favorite Valentines this month! Join us in celebrating all things love and get into the heart of this wonderful holiday.

Center News:

Sweetheart Lunch February 14th- Join us for Lunch with your Sweetheart. Meal Tickets Will be sold at the front desk for $8.00. It's time to vote for NHC's 1st Valentine King & Queen. Cast your vote at either nursing station. (One vote per person). Winners will be announced at the King & Queen Sweetheart Coronation to be held on February 14th at 2pm. Please let us know if you have any questions!

American Heart Month

February is American Heart Month. One of the greatest gifts you can give yourself is focusing on your cardiovascular health. Check out these special [tips](https://www.heart.org/en/health-topics/caregiver-support/top-10-caregiver-tips-for-staying-healthy-and-active) from the American Heart Association. Remember to wear red this Friday and Go Red for Women!



10 Tips for Senior Caregivers  
Caring for a Senior relative can have its challenges. It is important to remember you are not alone in this process. Take a look at 10 tips for Senior caregivers [here.](https://www.heart.org/en/health-topics/caregiver-support/top-10-caregiver-tips-for-staying-healthy-and-active)

