



Happy February! It's the month where chocolate is a food group, and the Super Bowl commercials are the real MVPs. Whether you're cheering for the Chiefs or the Eagles, or just here for the snacks and laughs, we hope you have a fantastic time!

Special Events: February is a month that reminds us of the beauty of the love, bringing warmth and connection to even the coldest winter days. Although February is the shortest month we made sure that there is plenty to do. Our special Events include Diamond Art on Tuesday Feb. 4th at 5:50pm Crafting Valentine's Cards on Wednesday, Feb. 5th at 2:00pm Super Bowl Themed Happy Hour on Friday, Feb. 7th at 2:30pm Making Bird Feeders and talking about Hummingbirds on Tuesday, Feb. 11th at 2:00pm Out-Trip shopping at Publix Wednesday, Feb. 12 at 10:30am Valentine's Day Social on Friday, Feb. 14th at 2:30pm Out-Trip to Longhorn Steakhouse for lunch on Wednesday, Feb. 19th at 10:30am Monthly Birthday Party on Thursday, Feb. 20th at 2:30pm Live Musical Entertainment with Paul Indelicato Out-Trip to Cracker Barrel on Wednesday, Feb. 26th at 10:30am. Later that day at 2:30 we will be making Pizzas.

Announcements for Families: I would like to take this time to wish all of you a very happy Valentine's Day. We hope that you will join us for our special Valentine's Day Social, on Friday February 14th at 2:30pm in the Soda Fountain Room. We are going to cultivate our annual tradition of coronation of our new Queen and King. It will be a great party you do not want to miss, perfect for celebrating your loved ones. We have so many fun and engaging activities and special events and we invite you to please come and have some fun with us.

Pride in Food Service Week

From February 3rd to 7th, we are celebrating Pride in Food Service Week. We want to extend a heartfelt thank you to our incredible partners in Food and Nutrition Services. These dedicated team members work tirelessly to ensure our patients receive delicious and nutritious meals multiple times a day.

During your next visit, please take a moment to express your gratitude and appreciation for their hard work and commitment. We appreciate you joining us in recognizing and celebrating our amazing Food and Nutrition Services team!



Celebrate Heart Month with Us!

February is American Heart Month, a time to raise awareness about heart disease and promote heart-healthy lifestyles. Heart disease is the leading cause of death in the U.S., but many cases can be prevented with healthier choices. This month, let's take action to protect our hearts and encourage our loved ones to do the same.

Learn about the signs of heart disease, adopt heart-healthy habits, and support initiatives like the American Heart Association's "Life is Why" campaign. Together, we can make a difference in the fight against heart disease. [Visit our blog post](#) to read more and take steps to safeguard your heart health!



American Heart Association.
Life is Why®

**FIND
RETAIL
SUPPORTERS
NEAR YOU**

Friendly Reminder

The season is here where flu and other viruses are prevalent in our community. We kindly ask for your cooperation in keeping our patients safe and healthy. If you are feeling unwell, please consider postponing your visit until you are feeling better. Your understanding and support are greatly appreciated as we work together to maintain a healthy environment for everyone.

Thank you for your help and consideration!

**FEELING SICK?
PLEASE STAY
HOME**

NHC
NATIONAL HEALTHCARE
CORPORATION