

Health Education Calendar – April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 A Lifetime of Health (Virtual)	5	6
7	8	9 Atrial Fibrillation (Virtual) Those Twisted Veins (Virtual)	10 All About Weight Loss Surgery (Virtual)	11	12	13
14	15	16	17 Making Your Cardiac Comeback (Virtual)	18 The Debra Johnson Heart Health Education and Support Group (Virtual) Breastfeeding Support Group (Virtual)	19	20
21	22	23 Better Sleep for Black Men and Women (Virtual)	24	25 Diabetes – Adult Diabetes Support Group (Virtual) My Aching Back (Virtual)	26	27
28	29	30 Aging Gracefully (Virtual)				