

Health Education Calendar – March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5 Treatment Options for Heartburn (Virtual)	6 Pregnancy Support Group (Virtual) The Gall of it All – Gallbladder Disease (Virtual)	7 Baby Blues and Beyond (Virtual)	8	9
10	11	12 Atrial Fibrillation (Virtual) Skin Care and You (Virtual) A Focus on Youth Suicide Prevention (Virtual)	13	14 Breastfeeding Support Group (Virtual)	15	16
17	18	19 Mommy & Me Walking Group (in Person) Its All in the Knees (Virtual)	20 Pregnancy Support Group (Virtual) Making Your Cardiac Comeback (Virtual) Boost Your Immunity with Healthy Foods (Virtual)	21 Flipping the Pain Switch (Virtual) The Debra Johnson Heart Health Education and Support Group (Virtual)	22	23
24	25 Connected Hearts Support Group (Virtual)	26 Food Safety Class (Presented in English) *Registration required	27	28 Breastfeeding Support Group (Virtual) Inflammatory Foods (Virtual) Diabetes – Adult Diabetes Support Group (Virtual)	29 NWBRHC Closed	30
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