

NCH

Healthcare
System

Wellness Centers
**FEBRUARY
EVENTS**



Happy February! Let's spend the month sharing the love at NCH Wellness! .

NATIONAL WEAR RED DAY

02 - 03 - 2023

**WEAR RED ON FRI FEB 3 TO
SHOW SUPPORT FOR THE
WOMEN IN YOUR LIFE.**

BLOOD PRESSURE SCREENINGS

Every Tuesday

**WHITAKER 10:30-12:30
BRIGGS 10-12**

VALENTINES DAY

02 - 14 - 2023

**EACH MEMBER CAN BRING A GUEST FOR
FREE ON VALENTINES DAY!**

SUPER CYCLE EVENT

02 - 25 - 2023

**BRIGGS | 8:00AM-10:25AM
WHITAKER | 8:30AM-10:30AM**