





# HEART MONTH February 2021

## Mazankowski Alberta Heart Institute

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January 31 <b>Spin</b> with <u>Dan Grimsen</u> Feb 1-7 \$10 <b>All proceeds to Maz</b> Scan to register 	February 1 Check your AHS email for the Zoom invite for this week's Informative Talks 	February 2	February 3 <b><u>Informative Talk:</u></b> <b>Brad Smoliak</b> <b>Living with a VAD</b>	February 4	February 5	February 6
February 7 <b>Yoga</b> with <u>Michelle Dixon</u> Feb 8-14 \$10 <b>All proceeds to Maz</b> Scan to register 	February 8 Check your AHS email for the Zoom invite for this week's Informative Talks 	February 9	February 10 <b><u>Informative Talk:</u></b> <b>Darren Knapp</b> <b>Vital Heart</b>	February 11	February 12 <b>Wear Red today to support Women's Heart Health.</b> <b><u>Informative Talk:</u></b> <b>Ann-Marie Sande &amp; Melissa Kreiser</b> <b>Heart Function Clinic</b>	February 13 <b>Wear Red Canada Day</b> 
February 14 <b>Bootcamp</b> with <u>Alicia Farmer</u> Feb 1-7 \$10 <b>All proceeds to Maz</b> Scan to register 	February 15 Check your AHS email for the Zoom invite for this week's Informative Talks 	February 16 <b>Maz Move Day</b> How many steps can you get today? 	February 17 <b><u>Informative Talk:</u></b> <b>Jennifer Rice</b> <b>Pulmonary HTN Clinic</b>	February 18	February 19	February 20
February 21 <b>CHAMPS Boxing Live Classes</b> Feb 22-26 \$10 <b>All proceeds to Maz</b> Scan to register 	February 22 Check your AHS email for the Zoom invite for this week's Informative Talks 	February 23	February 24 <b>630 CHED Heart Pledge Day Virtual</b> <b><u>Informative Talk:</u></b> <b>Andrea Van Damme &amp; David Buijs</b> <b>Cardiac Rehab</b>	February 25	February 26	February 27
February 28						