



# February 2026

# BENEFIT U

Mantra: Love Your Heart, Lead with Strength!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Scan Me!

Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

February is American Heart Month and Black History Month. A time to honor heart health and the strength, resilience, and contributions of Black leaders throughout history. This month we encourage you to take a positive step toward well-being, because a healthy heart powers a thriving life. Consider committing to **one heart-healthy daily habit**, like a 10-minute walk, staying hydrated, or a simple stress-reducing practice. **Small steps add up to meaningful change.**



Heart Health Saturday Challenge!

Movement is one of the best ways to strengthen your heart, lower blood pressure, and reduce stress. Each Saturday, challenge yourself to be active, prioritize movement, and show your heart some love!

**1 BLACK HISTORY MONTH BEGINS**

**“THE GREATNESS OF COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS.”**

**-CORETTA SCOTT KING**

**2 LET'S BE ACTIVE!** THE AMERICAN HEART ASSOCIATION RECOMMENDS AIMING FOR **150 MINUTES OF MOVEMENT** EACH WEEK TO SUPPORT HEART HEALTH.



**3 WHY NOT TACKLE HEART HEALTH TOGETHER?** TAKE DAILY WALKS, ENJOY RAINBOW-INSPIRED MEALS, AND TRY CHALLENGES THAT ARE AS FUN AS THEY ARE HEALTHY.

[10 SIMPLE & FUN WAYS TO BOOST YOUR HEART HEALTH THIS MONTH!](#)

**4 KNOWLEDGE IS POWER.** UNDERSTANDING YOUR RISK FOR [HEART ATTACK](#) ALLOWS YOU TO TAKE PROACTIVE STEPS TOWARDS PREVENTION RATHER THAN TREATMENT. [LEARN SMALL STEPS YOU CAN TAKE TO PROTECT YOUR HEART FOR THE LONG RUN.](#)

**5 GAMENIGHT IS BACK, ALL ARE WELCOME!** ENJOY MARIO CART, CARD AND BOARD GAMES, AND REFRESHMENTS.

- 5:15 - 7:00 P.M. | 305 FAHM STREET



**6 WEAR RED DAY:** HEART DISEASE ACCOUNTS FOR **1 IN 5 DEATHS**. SPREAD AWARENESS AND SHOW YOUR SUPPORT FOR HEART HEALTH BY [WEARING RED TODAY!](#)



**7 HEART HEALTH SATURDAY: YMCA CRITZ TYBEE RUN FEST!** ENJOY A LOCAL FAVORITE HOSTED BY THE YMCA OF COASTAL GEORGIA. [CLICK HERE TO REGISTER FOR A VARIETY OF DISTANCES.](#)

- 7 AM | 10K // 8 AM | 13.1 MILES
- 12 PM | 2.8 MILE // 1PM | 1 MILE

**9 ADVANCING HEALTH EQUITY.** [DR. UCHE BLACKSTOCK](#) IS AN AMERICAN PHYSICIAN AND FOUNDER OF **ADVANCING HEALTH EQUITY**, A NATIONAL ORGANIZATION FOCUSED ON ADDRESSING RACIAL BIAS IN HEALTHCARE & PROMOTING EQUITABLE CARE. [LEARN MORE HERE!](#)

**10 TAKE A STEP TOWARD BETTER HEALTH!** [WALKING](#) IS ONE OF THE MOST POWERFUL WAYS TO PROTECT YOUR HEART, LOWER STRESS, AND BOOST OVERALL WELL-BEING. JUST 30 MINUTES A DAY CAN IMPROVE CIRCULATION AND REDUCE BLOOD PRESSURE.

**11 GET A HEAD START ON YOUR SAV4 HEALTH WELLNESS ACTIVITIES!** REGULAR CHECKUPS ARE KEY TO HEART HEALTH. MONITORING YOUR BLOOD PRESSURE AND CHOLESTEROL CAN HELP DETECT ISSUES EARLY AND KEEP YOUR HEART STRONG!

**12 WHAT'S UP WEDNESDAY: THE POWER OF FEEDBACK.** JOIN ANDREA ALLEN FOR AN INTERACTIVE SESSION ON GIVING, RECEIVING, AND USING CONSTRUCTIVE FEEDBACK TO FOSTER PERSONAL AND TEAM GROWTH.

- 11 A.M. – 12 P.M.
- EARN 1 TRAINING HOUR!

**12 REDUCE SODIUM IN YOUR DIET TO KEEP BLOOD PRESSURE IN CHECK.** THE DAILY RECOMMENDED SODIUM INTAKE IS 2300 MILLIGRAMS, BUT MOST HEALTH EXPERTS RECOMMEND AIMING FOR 1500 MILLIGRAMS PER DAY, TO HELP MANAGE BLOOD PRESSURE.

**13 COMPLETE YOUR BREAST CANCER SCREENING TODAY** AT THE TELFAIR MOBILE MAMMOGRAM CLINIC. **CALL 912-819-6140 TO MAKE YOUR APPOINTMENT.**

- ADAMS COMPLEX, 20 INTERCHANGE DRIVE.



**14 HEART HEALTH SATURDAY:** TODAY WE HONOR [FREDERICK DOUGLAS](#), A LEADER WHOSE COURAGE AND VOICE SHAPED HISTORY. | **HAPPY VALENTINES DAY.** SHOW YOURSELF SOME LOVE AND DO SOMETHING KIND FOR YOUR HEART TODAY - IT WILL THANK YOU!



**15 SUNDAY REFLECTION – BREAKING BARRIERS IN MEDICINE.** HONORING [JAMES MCCUNE SMITH](#) AND [DR. REBECCA LEE CRUMPLER](#), EARLY BLACK PHYSICIANS WHO EXPANDED ACCESS TO CARE.



**16 CITY OFFICES ARE CLOSED IN HONOR OF PRESIDENTS DAY**

**“CHANGE WILL NOT COME IF WE WAIT FOR SOME OTHER PERSON.”**

**- PRESIDENT OBAMA.**

**17 CULTURAL ENGAGEMENT SERIES: 50 WAYS TO FIGHT BIAS IN THE WORKPLACE.** THIS SESSION WILL PROVIDE PRACTICAL STRATEGIES TO SUPPORT RESPECTFUL, INCLUSIVE, AND EFFECTIVE WORK ENVIRONMENTS.

- [REGISTER HERE](#)
- 11:00 A.M. TO 1:00 P.M. IN ADAMS 104

**18 LAUGH OUT LOUD:** DON'T JUST LOL IN YOUR TEXTS, LAUGH IT OUT IN REAL LIFE! LAUGHING CAN LOWER STRESS HORMONES AND DECREASE INFLAMMATION IN YOUR ARTERIES.

**Thriving Thursday's**

**HEART HEALTH 101:** LEARN ESSENTIAL TIPS TO KEEP YOUR HEART STRONG.

- [REGISTER](#) TO ATTEND IN PERSON OR VIRTUALLY.
- 12 - 1:00 P.M. | SPD TRAINING UNIT, 3401 EDWIN ST.

**20 STRIVE FOR HEALTHY FATS:** HEALTHY FATS IN AVOCADOS, NUTS, AND OLIVE OIL ARE HEART HEROES! THEY KICK BAD CHOLESTEROL TO THE CURB AND KEEP YOUR HEART HEALTHY.

**21 HEART HEALTH SATURDAY:** STRENGTHEN YOUR HEART. DO 20-30 MINUTES OF STRENGTH TRAINING - BODY WEIGHT EXERCISES, WEIGHTS, OR RESISTANCE BANDS. BUILDING MUSCLE SUPPORTS HEART HEALTH.



**22 REFLECT ON YOUR MONTH:** WHAT PROGRESS HAVE YOU MADE, AND HOW DO YOU FEEL? WHAT WOULD YOU LIKE TO ACCOMPLISH THIS WEEK TO SUPPORT YOUR WELL-BEING?

**23 PERFORMANCE FEEDBACK FOR SUCCESS.** LEARN HOW TO SET GOALS, MEASURE PERFORMANCE, AND HAVE EFFECTIVE FEEDBACK CONVERSATIONS.

- 9:30 - 10:30 A.M.

**24 TAKE A STRETCH BREAK:** MOVEMENT, EVEN LIGHT, CAN IMPROVE CIRCULATION AND EASE TENSION. | **CHECK OUT STRETCH ZONE: A FREE 30 MIN. STRETCH IS WAITING FOR YOU!**

**25 STROKE PREVENTION:** DID YOU KNOW THAT 80% OF STROKES ARE PREVENTABLE? HIGH BLOOD PRESSURE IS THE LEADING RISK FACTOR. LEARN HOW TO REDUCE YOUR RISK FROM THE [AMERICAN STROKE ASSOCIATION](#).

**26 RETHINK YOUR DRINK:** MANY DRINKS CONTAIN HIDDEN SUGARS THAT CAN CONTRIBUTE TO HEALTH ISSUES. CHOOSE WATER OVER SUGARY BEVERAGES FOR A HEALTHIER OPTION.



**27 PRACTICE GRATITUDE:** REFLECT ON THREE THINGS YOU'RE THANKFUL AND DO ONE SMALL ACT OF KINDNESS, FOR YOURSELF OR SOMEONE ELSE TO SUPPORT YOUR HEART.



**28 HEART HEALTH SATURDAY:** GET OUTSIDE & MOVE! GO FOR A BRISK WALK, BIKE RIDE, OR OUTDOOR WORKOUT IN A PARK. FRESH AIR AND NATURE ARE GREAT FOR HEART HEALTH.