



FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
					February 3rd is National Wear Red Day Join Well-U in the Saunders Atrium as we promote GO RED DAY! Remember to wear RED today	
5	6 Weight Watchers-Clinton Crossing Yoga-Medical Center	7 Weight Watchers-Medical Center Yoga-River Campus	8 Simple Swaps 12:15-12:45 Whipple 2-6424 Simple Swaps 4:45-5:15 3-6408 (K-307)	9 Weight Watchers-Medical Center Weight Watchers-Medical Center Weight Watchers-East River	10	11 Walk with a Doc-Marketplace Mall 
12	13 Weight Watchers-Clinton Crossing Yoga-Medical Center	14 Weight Watchers-Medical Center Yoga-River Campus	15	9 Weight Watchers-Medical Center Weight Watchers-Medical Center Weight Watchers-East River	17	18
19	20 Weight Watchers-Clinton Crossing Yoga-Medical Center	21 Weight Watchers-Medical Center Yoga-River Campus	22 Coping with Work & Family Stress 1pm-5pm Louise Slaughter room	9 Weight Watchers-Medical Center Weight Watchers-Medical Center Weight Watchers-East River	24	25
26	27 Weight Watchers-Clinton Crossing Yoga-Medical Center	28 Weight Watchers-Medical Center Yoga-River Campus	29			

February is American Heart Month