

# CHICO – COMMUNITY CALENDAR



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1	2	3
4	5 <b>Labor Day</b>	6	7	8	9	10
National Suicide Prevention Week						
	<b>NVIH CLOSED</b>	Native Welcome Reception 12-2:00pm Butte College Campus Center Lounge				
11	12	13  Healthy Steps 6:00-7:00pm Masonic Lodge	14	15  Retinopathy Screening Day East Ave Healthy Steps 6:00-7:00pm	16	17
18	19	20	21	22	23 <b>CA. Native American Day</b>	24
National Fall Prevention Week						
		Healthy Steps 6:00-7:00pm Masonic Lodge	<b>World Alzheimer's Day</b>	Healthy Steps 6:00-7:00pm Masonic Lodge	<b>NVIH CLOSED</b>	
25	26	27  Healthy Steps 6:00-7:00pm Masonic Lodge	28	29  Healthy Steps 6:00-7:00pm Masonic Lodge		

If you have questions, contact the Community Health & Outreach Department at 530-899-5156.

## Community Health & Outreach Staff

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Community  
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SEPTMBER IS  
**HEALTHY AGING**  
MONTH



### Healthy Steps

*The mission of Healthy Steps with Mary Jo Brown is to encourage and support your personal wellness using dance, movement, and music.*

The Healthy Steps program improves overall wellness, range-of-motion, balance, strength, endurance, as well as emotional well-being and self-image. This program is fun, easy to do, and no special skills are required.

**Call to Sign up Today!**