



Heart disease and stroke take 1 in 3 Canadians before their time. February is National Heart month. Celebrate with heart by getting outdoors and active at one of the many winter festivals happening around the County this month. Make friends with winter – put your heart into it! For more information please visit www.heartandstroke.ca

Photography By: Rick Whittaker (snowshoeing); Kasey Bull (winterfest-inset)

Tips:

- Eating 1/2 cup of fish 2 times per week can help reduce your risk of heart disease.
- Go for a walk today! Walking is probably the simplest heart-healthy activity.
- Active living is important for maintaining a healthy heart throughout your life.
- A diet rich in whole grains may help reduce the risk of heart disease.

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<p>JANUARY 2012</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>MARCH 2012</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		1	2	3 Cross-country skiing in the Dahl Forest www.haliburtonlandtrust.ca	4 World Cancer Day http://www.uicc.org/programmes/4-february-world-cancer-day
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5	6 Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	7	8 Winter Walk Day www.saferoutestoschool.ca	9 Good Food Box - order today! call Mary 705-488-1128	10	11																																																																																				
12 Go tobogganing at Glebe Park, Haliburton	13 Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	14 Valentine's Day	15	16 Good Food Box - pick up today!	17 Dorset Snowball Winter Carnival Skating Party	18 Dorset Snowball Winter Carnival Snow Rainbow - Rails End Gallery																																																																																				
19 Minden Winterfest - Feb. 19 & 20 Haliburton Frost Festival - Feb. 19 & 20	20 Family Day (Ontario, Alberta, Saskatchewan) Presidents Day (USA) Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	21	22	23	24 Sir Sam's Ladies Day	25 Snowshoeing with the Haliburton Highlands Land Trust www.haliburtonlandtrust.ca																																																																																				
26 Youth ski tournament at Glebe Park www.skihaliburton.com	27 Haliburton Highlands Trekkers Group Snowshoe Andy 705-455-9212 or Chris 705-447-2609	28	29 Leap Day																																																																																							