



# February Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Contact the Welborn Foundation Wellness &amp; Fitness Center (WFWFC) at 429-0585 for more information. <a href="https://www.ivytech.edu/southwest/6630.html">https://www.ivytech.edu/southwest/6630.html</a></p> <p>Be sure to ask about our key fob system for more access to the Fitness Center (812) 429-0585</p>			<p>1 Functional Fitness 11:15 Martial Arts 12:00</p>	<p>2 Cycling 11:30</p>	<p>3 Martial Arts 12:00  National Wear Red Day for Women</p>	<p>4</p>
<p>5</p>	<p>6 Martial Arts 12:00</p>	<p>7 Cycling 11:30</p>	<p>8 Functional Fitness 11:15 Martial Arts 12:00</p>	<p>9 Cycling 11:30</p>	<p>10 Martial Arts 12:00</p>	<p>11 <a href="#">Hearts on Fire 5K, 9:00 a.m., USI;</a> <a href="#">Cupid's Dash, 2 and 4-miles, 10:00 a.m., EST, Jasper</a></p>
<p>12</p>	<p>13 Martial Arts 12:00</p>	<p>14 Cycling 11:30 HIV/STD Awareness 11:00–1:00 Valentine Decathlon, Fitness Center, 7:00 a.m.–7:00 p.m</p>	<p>15 Functional Fitness 11:15 Martial Arts 12:00</p>	<p>16 Cycling 11:30</p>	<p>17 Martial Arts 12:00</p>	<p>18 <a href="#">Energize Evansville, Bosse High School, 9:00 a.m.</a></p>
<p>19</p>	<p>20 Martial Arts 12:00</p>	<p>21 Cycling 11:30  HIV Clinic 10:00–1:00 Fitness Center</p>	<p>22 Functional Fitness 11:15 Martial Arts 12:00</p>	<p>23 Cycling 11:30  Heart to Heart Night Out, Deaconess @ 6:00 p.m.</p>	<p>24 Martial Arts 12:00</p>	<p>25 <a href="#">Bound the Mound, Angel Mounds</a></p>
<p>26</p>	<p>27 Martial Arts 12:00</p>	<p>28 Cycling 11:30</p>				

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller