





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BLUE ZONES PROJECT EVENT Bridge Coffee Co. Approval Celebration 5pm-6:30pm 101 Clark Ave. St., YC	2 BLUE ZONES PROJECT EVENT Young Adult Purpose Workshop 6pm-8pm 1919 B St., MSVL	3 Watch "Turning Red" at Kids' Movie Night Sutter County Museum 5:30pm	4 Happy 173rd Birthday to the historic city of Marysville!
5 Make time for connection. Check in on a loved one.	6 Happy National Chopsticks Day. Chopsticks can help you eat less and get fuller faster because they slow you down.	7 Put a Valentines Day card in the mail for a friend day.	8 BLUE ZONES PROJECT EVENT Companion Friends 3:15pm-4:15pm 1224 Plumas St., YC	9 Hydrate! Start with 16 ounces as soon as you get out of bed.	10 BLUE ZONES PROJECT EVENT Cooking Demo 4pm Yuba County Library	11 COMMUNITY EVENT Have a Heart for Kids 5k River Valley High School, 9am
12 Try a loving kindness meditation today.	13 It's Galentines Day! A day for women to celebrate their friendships with their gal pals.	14 Happy Valentines Day! Spend extra time with someone you love today. ❤️	15 Find a way to spend some time outside today. Just 30 minutes in nature can improve your mood.	16 Eat a handful of almonds today, and everyday if you can. They are a great source of nutrients and antioxidants.	17 National Cabbage Day. Make a delicious soup or vegetable wrap. Cabbage is very versatile!	18 Write down 3 reasons the world is lucky to have you!
19  Meal prep healthy grab and go snacks for the week!	20 Happy Presidents Day! Do you know which state has produced the most presidents?	21 Charge your mental and physical batteries and go to bed early tonight.	22 BLUE ZONES PROJECT EVENT Purpose Workshop 5:30pm-7:30pm 754 Plumas St., YC	23 Schedule some "me time" today and do something that makes you smile.	24 Dance to your favorite song!	25 COMMUNITY EVENT Bok Kai Parade Year of the Rabbit Downtown Marysville 11am-1pm 
26 Write a letter to an elder day.	27 National Strawberry Day. Make a plan to plant your own strawberry patch this spring.	28 BLUE ZONES PROJECT EVENT Efuay Wood Park Clean Up 12pm-1pm River Oaks Blvd., Plumas Lake				

All Blue Zones Project Events are FREE and open to the public.

Sign up using the QR code today!

Visit YubaSutterCommunity.com for additional activities.

