

FEBRUARY: FOCUS ON HEART 2024



February 13
10-10:15 a.m. CT

**Fitness Connect Community:
Fitness for Heart Health**

[Calendar](#)



February 22
10-11:00 a.m. CT

**Healthy Heart, Healthy You!
Webinar with BCBSTX**

[Registration](#)



February 27
10-10:15 a.m. CT

**Nutrition Connect Community:
Heart Healthy Nutrition**

[Calendar](#)

**Catapult Health's
Virtual Checkup[®]:**
complete your
annual preventive
exam from home.



NEW!

[Learn more and
order a kit](#)



[Join the challenge
and log your minutes](#)



[Access the Virtual
Fitness Calendar](#)