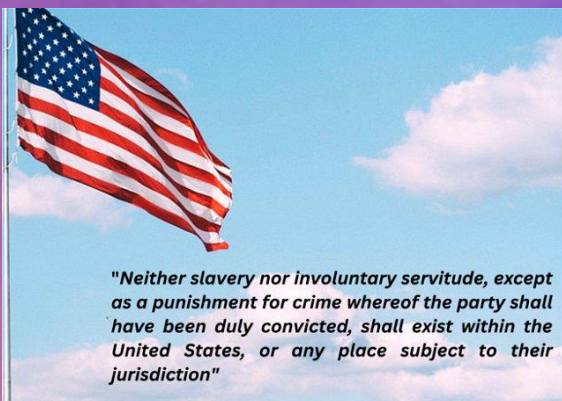


FEBRUARY 2024

BLACK HISTORY MONTH
AMERICAN HISTORY MONTH
HUMAN RELATIONS MONTH

DIVERSITY, EQUITY, & INCLUSION

AMERICAN HEART MONTH



FEBRUARY
Teen Dating Violence
Prevention Awareness Month
Dating & violence should not be a couple

- 13TH AMENDMENT OF THE U.S. CONSTITUTION
- 1ST NATIONAL FREEDOM DAY
- 1ST WEAR RED DAY
- 2ND GROUNDHOG DAY
- 4TH WORLD CANCER DAY
- 13TH MARDI GRAS/SHROVE TUESDAY
- 14TH ST. VALENTINES DAY
- 14TH ASH WEDNESDAY
- 15TH PARINIRVANA (BUDDHIST)
- 19TH PRESIDENTS DAY
- 25TH AFRICAN-AMERICAN SCIENTIST AND INVENTOR DAY

As we embrace the arrival of February, we also honor the profound significance of Black History Month, a time dedicated to commemorating and celebrating the rich heritage, achievements, and contributions of African Americans throughout history. This month provides an invaluable opportunity to reflect on the resilience, courage, and indelible impact of Black individuals who have shaped the course of our world. From trailblazing leaders and activists to artists, scientists, and visionaries, Black History Month encourages us to acknowledge and appreciate the diversity of talents and narratives that have played a pivotal role in shaping the fabric of our society. Let us take this moment to amplify the voices of the past and present, fostering understanding, unity, and a collective commitment to a future marked by equality and justice for all.



This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSPP) is encouraging women to listen to their hearts and speak up for their health. Women in the United States are experiencing unacceptable and avoidable heart-related illness and death, and nearly half of U.S. women do not recognize that heart disease is the leading cause of death for women. Heart-health disparities specific to women widen and deepen when combined with race, ethnicity, and other social factors.³ We encourage individuals, health care and public health professionals, and our partners to help close the disparities gap. ~CDC.GOV

MARDI GRAS: Shrove Tuesday is the last day before the fasting period of Lent in Western Christian churches. ~TIMEANDDATE.COM

