


## ● Highlight ●

In February, we celebrated Self-Care and Heart Health Month, highlighting both physical and emotional wellness. Wear Red Day was a standout, with strong participation as staff came together in red to raise awareness for heart health. Another favorite moment was the Gratitude Stations, where staff shared heartfelt messages, creating opportunities for reflection and connection. We also distributed massage balls, jump ropes, and candy—thanks to generous donations—to encourage everyone to take a moment for themselves.

Throughout the month, we also promoted WWNYC workshops. These sessions, focused on topics like heart health, encouraged participants to adopt simple, practical wellness practices into their daily routines.

It was a month of great participation and a wonderful reminder that self-care doesn't have to be complicated.





### NATIONAL HEART HEALTH MONTH

**February is National Heart Health Month**, focusing on raising awareness about **heart disease**, the **leading cause of death** in the U.S. OCME Wellness invites everyone to participate in this month's heart-healthy activities to help protect our hearts!

**ALL MONTH**  
**DIGITAL FITNESS CLASSES | MOVE MORE!**

Look to move more and sit less by participating in a WorkWell NYC's digital fitness class (Friday Schedule):  
**Dance Wukkout Soca @ 6:00AM**  
**Total Body @ 12:30pm**  
**Stretch and Flex @ 6:30pm**  
 Check out the FULL digital calendar [HERE](#).

**FEBRUARY 12 @ 1PM**  
**IN THE KITCHEN - FOOD IS MEDICINE**

A virtual cooking demo highlighting ingredients that support a healthy heart | [REGISTER HERE](#)



## Love Your Heart Month – Feb

We're especially proud of COH Principle #2, which highlights how important it is to work together—both within our teams and with outside partners—to support wellness programs.