

S.T.A.R Nurse Group Calendar Central Hybrid February

2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| Nurse Karen's Hybrid Zoom Meeting ID: 480 649 3642 Passcode: Nurse | Nurse Niccole's Zoom Meeting ID: 880 931 1744 Passcode: Nurse | | 1 9:10 Learn about diabetes 11:20 Manage hypertension | 2 9:10 Healthy Goals 11:20 High cholesterol |
| 5 9:10 Smoking cessation 11:20 Improve our wellness | 6 9:10 The MIND diet 11:20 COPD | 7 9:10 Heart health 11:20 Physical activity | 8 9:10 Learn about diabetes 10:15 Fall prevention | 9 9:10 Learn about COPD 11:20 Hypertension |
| 12 9:10 Smoking cessation 11:20 Improve our wellness | Member meeting 13 9:10 High cholesterol 11:20 Lung health | Staff Meeting 14 STAR close at 1pm 9:00 Breakfast W/ the Nurses 10:15 Dental health | 15 9:10 Learn about diabetes 11:20 Weight management | 16 9:05 Learn about GERD Medical Team meeting 1030-330 at STAR Central |
| STAR CLOSED 19 | 20 9:10 Smoking cessation 11:20 Wellness | 21 9:10 Food group with nurses 11:20 COPD | 22 9:10 Learn about diabetes 11:20 Hydration | 23 9:10 Alzheimer's and dementia 11:20 Vision health |
| 26 9:10 Smoking cessation 11:20 GERD | 27 9:10 The MIND diet 11:20 COPD | 28 9:10 Manage hypertension 11:20 Fall prevention | 29 9:10 Learn about diabetes 11:20 Hydration | |
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