

# FEBRUARY NEWSLETTER

## Spotlight on Awareness

### Black History Month

Throughout this month we take time for recognition and celebration of history made by black Americans

### American Heart Month

Focused on cardiovascular disease prevention with promoting healthier lifestyle habits and educating the community on symptoms and learning CPR for safety

### Children's Dental Health Month

ADA sponsors this month to promote good oral hygiene and prevention of tooth decay

## Kids Valentines

### Valentines Day Cookie Decorating

February 13<sup>th</sup> 5pm

[Learn more here](#)

### Love & Chocolate

February 8<sup>th</sup> 11am

[Learn more here](#)

### Valentines Yoga for Kids

February 16<sup>th</sup> 10:30am

[Learn more here](#)



## Sensory Events

### Philadelphia Flower Show

[Learn more here](#)

### Universal Theme Parks Exhibition

[Learn more here](#)

### Academy of Natural Sciences at Drexel

[Learn more here](#)

### Please Touch Museum

[Learn more here](#)



## Local Events

### Firstival

Saturdays 11am-1pm

Learn about the “firsts” of the U.S. originating in Philly including movements against slavery, first African American Methodist Episcopal Congregation, and more.

[Learn more here](#)

### Glimpse of Goldfish

February 6-8

Introduce the idea of swim lessons to children with a free 30 min small group

[Learn more here](#)

### PA Trolley Free Kid February

Multiple dates

Bring the kids for a free 4 mile ride throughout the month with education on trolleys and interactive games

[Learn more here](#)

### Kids Craft Workshop

February 25<sup>th</sup>

A kids craft night for creativity and learning how to craft and create amazing things

[Learn more here](#)



Follow us on social media for more events & resources!