


BLACK HISTORY MONTHAMERICAN HEART MONTH-

## NATIONAL CANCER PREVENTION MONTH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | $1$ <br> National Freedom Day | $\underset{\substack{\text { Groundhog } \\ \text { Day }}}{2}$ | National Women Physician Day |
| 4 | 5 | Lailat Al <br> Miraj (Islam) | 7 | 8 | 9 | 10 Lunar New Year (Year of the Dragon) |
| Day of Women and Girls in Science Day (UN) | 12 | 13 | Valentine's Day Ash Wednesday (Christianity) Vasant Panchami (Hinduism) | 15 | 16 | ```Random Acts 17 of Kindness Day``` |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | $\begin{gathered} 26 \\ \begin{array}{c} \text { 2/26-29-29 } \\ \text { Ayyám-i-Há } \\ \text { (Bahá'í) } \end{array} \end{gathered}$ | 27 | 28 | $29$ <br> Leap Year Day |  |  |

## TO DO LIST:

## NOTES:

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An Independent Chapter of
AmericanCollege of
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2/1-2/29 Black History Month
Black History Month begins on February 1 and is a month-long celebration and study of the achievements and history of African Americans in the U.S. Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. The 2024 theme for Black History Month, defined by the Association for the Study of African American Life and History (ASALH) is African Americans and the Arts. Through this theme, we celebrate the rich history and future directions of African American art, and its infusion and influences from African, Caribbean, and the Black American lived experiences. More at: www.asalh.org

## 2/6 Lailat Al Miraj

Lailat Al Miraj, also known as the Night Journey, is an essential observance in Islam that commemorates the miraculous journey of Prophet Muhammad from Mecca to Jerusalem and his ascension to the heavens. Overall, Lailat Al Miraj is a time for Muslims to engage in acts of worship, seek spiritual growth, and learn more about their religion. It is a night filled with blessings and opportunities for reflection, self-improvement, and strengthening one's relationship with Allah.

## 2/10 Lunar New Year

Lunar New Year is one of the most important celebrations of the year among East and Southeast Asian cultures, including Chinese, Vietnamese and Korean communities, among others. The New Year celebration is usually celebrated for multiple days - not just one day as in the Gregorian calendar's New Year. Each year in the Lunar calendar is represented by one of 12 zodiac animals included in the cycle of 12 stations or "signs" along the apparent path of the sun through the cosmos. In 2024, Lunar New Year begins on February 10 and is slated to be the year of the dragon.

2/14 Ash Wednesday
Ash Wednesday is a holy day of prayer and fasting in many Western Christian denominations. It is traditionally observed with fasting and abstinence from meat in a number of Christian denominations. As it is the first day of Lent, many Christians begin Ash Wednesday by marking a Lenten calendar, praying a Lenten daily devotional, and making a Lenten sacrifice that they will not partake of until the arrival of Eastertide. Many Christians attend special Ash Wednesday church services, at which churchgoers receive ash on their foreheads


