



# January 2021



Florence Crittenton  
Believe · Achieve · Empower

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>BlueCross BlueShield of Kansas Foundation</b> The HEAT Up Topeka program is supported by a gift from Florence Crittenton & BCBSKS Foundation					1 <b>New Year's Day</b>	2
3	4	5	6	7	8	9
<p style="text-align: center;"><b>Our regular monthly schedule has been modified to help encourage social distancing &amp; help slow the spread of COVID-19 to our HEAT Family.</b></p> <p style="text-align: center;"><b>Watch for weekly emails &amp; FB posts regarding classes via Zoom &amp; FB Live.</b></p> <p style="text-align: center;"><b>This year's Motto is to be Healthy, Happy &amp; Strong!</b></p>						16
						23
						30
31						
						Free childcare offered at Tues & Thurs 6:15pm classes.



Heat Up Topeka

[www.flocritkansas.org](http://www.flocritkansas.org)