

## February 2020 Calendar of Local Events



**First Friday Monthly Art Walk** the streets of downtown Knoxville Market Square area for art, music, food on the 1<sup>st</sup> Friday of each month. A great way to start each month.

**FREE Saturday Creature Feature Ijams Nature Center** 2915 Island Home Avenue, Knoxville Saturday, February 01, 2020 10:00 am - 10:30 am

**Monday nights** at 6:30 Join the Bearden Beer Market 4524 Old Kingston Pike for their Group Fun Run or Walk through the neighborhood. Open to all levels of walkers and runners.

**Zoo Knoxville** offers its winter "Penguin Discount Days" through Feb. 28. Tickets are \$5 off. That makes tickets \$14.95 for adults and children age 12 and older, \$11.95 for children age 4 to 11 or senior citizens age 65 and older.

**February 8 and 22** Winter Farmer's Market. 10 am to 2 pm Central United Methodist Church, 201 E Third Ave, Knoxville. arm & food vendors selling pasture-raised meats, eggs, winter produce, honey, baked goods, artisan foods, and more.

**February 10** from 1 to 4 pm. The University of Tennessee's McClung Museum of Natural History and Culture hosts a birthday event in honor of scientist Charles Darwin. The **free** Family Fun Day offers tours of the museum's Human Origins gallery, craft activities, refreshments and scavenger hunts. The event held with graduate students from UT's Department of Earth and Planetary Sciences marks International Darwin Day. The museum is at 1327 Circle Park Drive.

**February 14 Valentine's Day**

**February 14 Winter Jam Tour Christian Music.** Thompson Boling Arena only \$15 at the door! No tickets required! For More Information: 865-656-4444

**February 14 Sweets to the Sweet** InterFaith Health Clinic Fundraiser. For more information call and ask for Aaron Price 865-546-7330.

**February 14** The Dogwood Arts House & Garden Show returns to the Knoxville Convention Center in Downtown Knoxville February 14-16, 2020 from 10 am to 5 p. Cost 10.00.

**February 17 Presidents Day Holiday**

## **Benefits of regular physical activity**

If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalization or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.

## **A healthier state of mind**

A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

**\*Talk to your Medical Provider before starting a rigorous exercise program.**

Resource: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)