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# Monthly Newsletter

  
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February 2026



## Feel Good February.

Winter has a way of getting under the skin. The cold lingers, energy wanes, and the body starts to ask for more warmth, more rest, and more care.

For many Veterans and caregivers, this season brings a quiet tension: a desire for connection, and a need for space and gentleness to recover.

As daylight gradually returns and February's focus on love comes into view, here's an invitation to soften. To warm yourself in ways that feel supportive and grounding.

This Feel Good February, We're focusing on connection, compassion, and self-love in ways that are practical, accessible, and rooted in care.

Whether that means nurturing relationships, supporting your body through the coldest weeks of the year, or simply checking in with what you need right now, we're here to offer tools that help you feel steadier, supported, and more connected.

### What to expect this month:

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Community Connections

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Heart & Health

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Relief, Intimacy, Comfort.

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The 5 Senses Series Continues

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