

Health Month Themes for a Year of Wellness!

January <ul style="list-style-type: none"> ■ New Year's Resolutions! Nutrition & Fitness Challenge ■ 3rd week in January for Healthy Weight Week 	February <ul style="list-style-type: none"> ■ American Heart Month 	March <ul style="list-style-type: none"> ■ National Nutrition Month ■ National Sleep Awareness Month 
April <ul style="list-style-type: none"> ■ 1st week in April: Walk to Work Day ■ 2nd week in April: National Public Health Week ■ Alcohol Awareness Month 	May <ul style="list-style-type: none"> ■ National High Blood Pressure Education Month ■ National Osteoporosis and Prevention Month 	June <ul style="list-style-type: none"> ■ Men's Health Month ■ National Dairy Month 
July <ul style="list-style-type: none"> ■ National Parks and Recreation Month 	August <ul style="list-style-type: none"> ■ Eye Health and Safety Month 	September <ul style="list-style-type: none"> ■ Celebrate "STEPTember" with America on the Move 
October <ul style="list-style-type: none"> ■ National Breast Cancer Awareness Month 	November <ul style="list-style-type: none"> ■ National Diabetes Month 	December <ul style="list-style-type: none"> ■ Happy Holidays! Healthy Holiday Meal Planning 

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Emilie Sanchez



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