

2010 Health Promotion and Wellness Calendar

Q1	National Health Observance	Theme	VitaMin Newsletter	Health Awareness Campaign	Health and Wellness Awareness On-site Event*
January	Cervical Health Awareness Month	Make the Choice to be Healthy	Setting a Healthy Goal Milestone Rewards	New Year New You	Learning New Things** Adding Activity to Your Day*** Physical Activity****
February	American Heart Month	Be Good to Your Heart	Your Healthy Heart Save Some Money and Save Your Life	Healthy Eating	How Stress Affects Our Eating Behavior** Hungry for Better Nutrition*** Healthy Meal Planning****
March	National Nutrition Month	Improve Your Diet	Eating Right When You Have Diabetes Free Resources for Managing Diabetes	Back Care	Basics Components of Healthy Eating** Managing Type 2 Diabetes*** Healthy Eating****

Q2	National Health Observance	Theme	VitaMin Newsletter	Health Awareness Campaign	Health and Wellness Awareness On-site Event*
April	March for Babies	Get Up and Move	Make Fitness a Family Affair Fitness Tools Can Be Fun	Hydration	Fitness Essentials** Healthy Babies**** Step Test*****
May	Women's Health	Sleep Better	Two Must Take Tests for Women Use the CIGNA Network	Women's Health	Healthy Life Tips for Women** Sleep Well** Women's Health****
June	Men's Health	Control Your Stress	What Ever Man Needs to Know Colonoscopy	Men's Health	Healthy Life Tips for Men** Balancing Work and Personal Life** Men's Health****

Q3	National Health Observance	Theme	VitaMin Newsletter	Health Awareness Campaign	Health and Wellness Awareness On-site Event*
July	UV Safety Monty	Enjoy the Sun Safely	Summer Safety, Summer Fun Don't Let Injuries Ruin Your Summer Fun	Summer	Internet Safety: Tips to Protecting Children and Teens** Skin Cancer**** DermaScan*****
August	National Immunization Month	Get Your Shots	Know Your Numbers Save on Lab Tests	Know Your Numbers	Know Your Numbers** High Blood Pressure*** Cholesterol****
September	Healthy Aging Month	Age Gracefully	Be Fit After 50 Better Ways to Manage Your Health Care Costs	Health Assessment	Planning for Retirement** Weight Management****

Q4	National Health Observance	Theme	VitaMin Newsletter	Health Awareness Campaign	Health and Wellness Awareness On-site Event*
October	Breast Cancer Awareness Month	Health Screenings for Life	Think Pink Listen Up and Learn About Your Health	Women's Health	How to Achieve Good Emotional Health** Breast Cancer**** Women's Health****
November	Great American Smokeout	Shoo to the Flu	Battling the Bug Convenience Care Clinic	Cold and Flu	Smoking Cessation**
December	National Hand Washing Awareness Month	Stay Stress Free	Ten Ways to Ensure a "Stress Less" Holiday Season Here for You 24/7	Festive Focus	Holiday Stress: Wellness through the Holidays** Today's Economy: Planning for the Holidays** Stress Management****