

2017

WELLNESS PLANNING CALENDAR



January

Healthy Weight

MEMBER WEBINAR:

Can't Weight to Feel Great

NEWSLETTER:

Making Health Habits Stick

PREVENTIVE FOCUS:

Immunizations

February

Heart Health

MEMBER WEBINAR:

Truth About Triglycerides

NEWSLETTER:

Sugar and Your Heart

PREVENTIVE FOCUS:

Coronary Risk Profile

March

National Nutrition Month

MEMBER WEBINAR:

Nutrition for Exercise Performance

NEWSLETTER:

Nature's Superfoods

PREVENTIVE FOCUS:

Colorectal Cancer

April

Workplace Wellness

MEMBER WEBINAR:

Be Well at Work

NEWSLETTER:

Wellness On the Go

PREVENTIVE FOCUS:

Eye Exams

May

Emotional Health

MEMBER WEBINAR:

Curbing Your Inner Critic

NEWSLETTER:

Thrive: 8-to-5

PREVENTIVE FOCUS:

Vitamin D

June

Healthy Home

MEMBER WEBINAR:

Meal Planning Made Simple

NEWSLETTER:

From Clutter to Calm

PREVENTIVE FOCUS:

Allergies

July

Physical Activity

MEMBER WEBINAR:

A Stand Against Sitting

NEWSLETTER:

Core Fitness

PREVENTIVE FOCUS:

Skin Cancer

August

Stress Management

MEMBER WEBINAR:

Breathing and Relaxation

NEWSLETTER:

Coping After Quitting

PREVENTIVE FOCUS:

Depression Screening

September

Healthy Aging

MEMBER WEBINAR:

Smart Nutrition as You Age

NEWSLETTER:

Boost Your Brain Power

PREVENTIVE FOCUS:

Bone Density

October

Family Health

MEMBER WEBINAR:

Healthy Happy Family

NEWSLETTER:

Caring for the Caregiver

PREVENTIVE FOCUS:

Flu Vaccine

November

Diabetes Awareness

MEMBER WEBINAR:

Outsmart Diabetes

NEWSLETTER:

Take Charge of Your Condition!

PREVENTIVE FOCUS:

A1c

December

Financial Wellness

MEMBER WEBINAR:

Financial Fitness

NEWSLETTER:

Top 10 Tips for Saving Money

PREVENTIVE FOCUS:

Liver Function