

# Health Month Themes for a Year of Wellness!

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