

JANUARY

- Prevention and resolutions focus

FEBRUARY

- Wear Red Day
- Heart Month

MARCH

- Nutrition Month
- World Salt Awareness Week

APRIL

- National Walking Day
- National Stress Awareness Month

MAY

- American Stroke Month
- Employee health & fitness month

JUNE

- National CPR/AED Awareness Week
- Summer safety

JULY

- Launch “Join” Healthy For Good to employees

AUGUST

- Walking Meetings launch
- Back to School

SEPTEMBER

- Caregiver support
- Pack a healthy school lunch
- + Color

OCTOBER

- Corporate Recess Activity
- World Stroke Day

NOVEMBER

- National Eating Healthy Day
- Heart Happy Hour

DECEMBER

- Healthy Holidays
- Maintain Don’t Gain Messaging