



WELLNESS CALENDAR

January – Back Safety Month

[Ergonomics & Back Health Seminar](#)

February – American Heart Month

Complete annual physical & blood pressure checks and focus on indoor appropriate cardio activities

March – National Nutrition Month

Focus on healthy eating habits and creating nutritional recipes

[Supermarket Savvy Seminar](#)

April – Stress Awareness Month

Practice regular exercise, yoga, and meditation, “Thin to Win” kickoff (all centers)

[Exercise for a Healthier Life Seminar](#)

May – Healthy Vision Month

Complete annual eye exams & glaucoma testing, update vision prescriptions

June – Summer Safety

Practice sun & water, utilize creative ideas for outdoor family activities, JP Morgan Corporate Challenge

July – Stop Smoking Month

“Smoke is a Joke”

[NY Smokers Quit](#)

August – Dental Hygiene Month

Practice good hygiene, make dentist appointments, brush 2x daily and floss 1x daily

September – Fruit & Veggie Month

Strive for 5 fruits and veggies daily & replace poor food choices, pack lunches with healthy snacks



October – Breast Cancer Awareness

Wear pink and participate in the monthly fundraiser event

November – American Diabetes Month

Learn about blood sugar testing, focus on healthy eating habits, participate in JDRF/ADA fundraiser activity

December – Safe Toy Month

Inspect toys before purchasing, ensure gifts are age appropriate and meet safety standards