

Time Well Spent Wellness Calendar

* Click on the monthly topics to view the articles

January	February	March
<p>Smoking Cessation Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Quit Smoking for Good - 36 Reasons - Be a Quitter 	<p>American Heart Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - 5 Steps to a Healthier Heart - High Cholesterol Overview - Cholesterol Lowering Foods 	<p>National Nutrition Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Good Nutrition Basics - Reading Nutrition Labels - Lunch Well Employer Guide
April	May	June
<p>National Cancer Control Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Nutrition and Cancer Prevention - Stand Up to the Monster - Physical Activity and Cancer Risk 	<p>National High Blood Pressure Education Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - High Blood Pressure Overview - High Blood Pressure and You - Walking Cuts Blood Pressure 	<p>National Men's Health Week</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Preventing Prostate Cancer - Testicular Cancer Facts - Screening Guidelines for Men
July	August	September
<p>Skin Cancer Awareness Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Skin Self Exams - Preventing Skin Cancer - Sun Well: Protecting Your Skin 	<p>National Immunization Awareness Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Is it a Cold or the Flu? - Flu Fact Sheet - Flu Shot Recommendations 	<p>National Cholesterol Education Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Understanding cholesterol - Cholesterol lowering foods - How Low Poster
October	November	December
<p>National Breast Cancer Awareness Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Breast Exams and Mammograms - Preventing Breast Cancer - Top 10 Breast Cancer Myths 	<p>American Diabetes Month</p> <p>Related Articles</p> <ul style="list-style-type: none"> - What is Diabetes? - Ways to Better Manage Diabetes - Yearly Checkup for People with Diabetes 	<p>Prevention</p> <p>Related Articles</p> <ul style="list-style-type: none"> - Ask Questions - Be Your Own Bodyguard - Antibiotics Q&A

Click here to sign up for bi-monthly email alerts and stay informed about new topics for a healthier workforce.

To access additional resources including posters, payroll stuffers and healthy recipes to keep good health top-of-mind at your worksite, visit empireblue.com/timewellspent.

