

2024 Activity Guide

JANUARY Recipe for a Positive New Year

Newsletter Highlights

Adopt Lasting Healthy Habits

Be a Hero — Donate Blood!

Make Your Resolution SMART

Observances

- Blood Donor Month
- Healthy Weight Week
- World Religion Day

Promote Health and Well-Being

Distribute flyer: 12 Tips for a Positive New Year

FEBRUARY Simple Habits, Stronger Heart

Newsletter Highlights

Sneaky Things that Harm Your Heart

The Benefits of Single-Tasking

Keep Up with Dental Care

Observances

- Heart Health Month
- World Cancer Day
- Black History Month

Campaign

Heart Health

Promote Health and Well-Being

Distribute flyer: Easy Tips for a Healthy Heart

MARCH Welcoming Change

Newsletter Highlights

Positive Ways to Conquer Setbacks

Emotional Eating

Springtime Shape-Up

Observances

- Nutrition Month
- Women's History Month
- Developmental Disabilities Awareness Month

Promote Health and Well-Being

Distribute flyer: Welcoming Change

APRIL Self-Care for Stress Relief

Newsletter Highlights

Build Your Self-Confidence

Quick Tips for Cancer Prevention

Stress and Relationships

Observances

- Cancer Control Month
- Autism Awareness Month
- Arab American Heritage Month
- Stress Awareness Month

Campaign

Alcohol Awareness Month

Promote Health and Well-Being

Distribute flyer: Self-Care for Stress Relief

MAY Your Mental Health Matters!

Newsletter Highlights

Create a Mentally Healthy Lifestyle

Reduce Emotional Clutter

Mindfulness to Live More Fully

Observances

- Women's Health Week
- Asian Pacific Islander Desi American Heritage Month
- Jewish American Heritage Month

Campaigns

Mental Health Awareness Month

Employee Health and Fitness Month

Promote Health and Well-Being

Distribute flyer: Your Mental Health Matters!

JUNE Heed the Heat

Newsletter Highlights

Savor the Summer

How to Get Along on Family Vacations

Snack Smartly

Observances

- National Safety Month
- Men's Health Month
- Juneteenth

Campaign

Pride Month

Promote Health and Well-Being

Distribute flyer: Summer Heat Safety

JULY Get Moving This Summer

Newsletter Highlights

Be Safe on Your Vacation

Snapping Safe Selfies

Park Safety Tips

Observances

- UV Safety Month
- Park and Recreation Month
- Disability Independence Day

Promote Health and Well-Being

Distribute flyer: Get Your Family Moving

AUGUST Communication and Relationships

Newsletter Highlights

Explore The Places Around You

Take a Break

Streamline Your Life

Observances

- Immunization Awareness Month
- Senior Citizens Day

Campaign

Preventive Care

Promote Health and Well-Being

Distribute flyer: Communicating for Healthier Relationships

SEPTEMBER Smoothing Life Transitions

Newsletter Highlights

You're More Resilient Than You Think!

Cholesterol 101

Stay Healthy This Fall

Observances

- Cholesterol Education Month
- Hispanic Heritage Month
- Healthy Aging Month

Campaign

Suicide Prevention Awareness Month

Promote Health and Well-Being

Distribute flyer: Smoother Life Transitions

OCTOBER Embrace Seasonal Change

Newsletter Highlights

Strengthening Connections

Breast Cancer: What You Should Know

Breaking Down Bias

Observances

- Breast Cancer Awareness Month
- Depression Awareness Month
- Global Diversity Awareness Month
- World Mental Health Day

Campaign

Domestic Violence Awareness Month

Promote Health and Well-Being

Distribute flyer: Embrace Seasonal Change

NOVEMBER Respect Yourself and Others

Newsletter Highlights

Reacting with Kindness

Sugar Busters

Manage Your Digital Distractions

Observances

- Diabetes Awareness Month
- Native American Heritage Month
- Veterans Day

Promote Health and Well-Being

Distribute flyer: Respect Yourself and Others

DECEMBER Creating Meaningful Holidays

Newsletter Highlights

Focus on What Matters Most

Overcoming Burnout

Pay It Forward

Observances

- Safe Toys and Gifts Month
- Handwashing Week
- Universal Human Rights Month

Promote Health and Well-Being

Distribute flyer: Creating Meaningful Holidays