

# Principal Wellness Program Calendar of Events for

2009

## 1st Quarter - Women's Health Awareness

January	February	March
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
<i>Healthy Bytes</i> bi-weekly wellness education Thyroid Affecting Weight Control Healthy Cooking Substitutions	<i>Healthy Bytes</i> bi-weekly wellness education Heart Healthy Response to Approach Someone Who May have an Eating Disorder	<i>Healthy Bytes</i> bi-weekly wellness education Focus on Yoga Grain looks like and what is in it vs Refine Grain
Monthly National Observance Newsletter National Birth Defects Prevention Month	Monthly National Observance Newsletter National Donor Day	Monthly National Observance Newsletter National Nutrition Month
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society

## 2nd Quarter - Family Health Awareness

April	May	June
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
<i>Healthy Bytes</i> bi-weekly wellness education How to Improve your Memory to keep a Sharp Mind Seatbelt Safety	<i>Healthy Bytes</i> bi-weekly wellness education Activity Friendly Communities and how it affects Disease Rates Increase in Peanut Allergies and How to be Careful	<i>Healthy Bytes</i> bi-weekly wellness education How Gum Disease relates to Heart Disease What are your Water Needs
Monthly National Observance Newsletter Irritable Bowel Syndrome Awareness Month	Monthly National Observance Newsletter National Physical Fitness and Sports Month	Monthly National Observance Newsletter National Men's Health Week
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society

### 3rd Quarter - Men's Health Awareness

July	August	September
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
<i>Healthy Bytes</i> bi-weekly wellness education Types of Clothing to Help Reduce Sun Damage Rules of Food Safety	<i>Healthy Bytes</i> bi-weekly wellness education Ideas for an Active Vacation Importance of Balancing Work and Family Time	<i>Healthy Bytes</i> bi-weekly wellness education Connection of Breakfast on Student Grades Good Night's Rest Affect on School Performance
Monthly National Observance Newsletter Fireworks Safety Month	Monthly National Observance Newsletter Immunization Awareness Month	Monthly National Observance Newsletter Healthy Aging Month
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society

### 4th Quarter - Holiday Weigh In Campaign

October	November	December
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
<i>Healthy Bytes</i> bi-weekly wellness education Prevention of Breast Cancer through Lifestyle Changes Rate of Non-Smokers with Lung Disease	<i>Healthy Bytes</i> bi-weekly wellness education Diabetes - What can Happen to your Kidneys when your Blood Sugar is Not Controlled Diabetes - What can Happen to your Sight when your Blood Sugar is Not Controlled	<i>Healthy Bytes</i> bi-weekly wellness education What are the New Workout Crazes Seasonal Affective Disorder
Monthly National Observance Newsletter Talking About Prescriptions Month	Monthly National Observance Newsletter National Family Caregivers Month	Monthly National Observance Newsletter National Hand Washing Awareness Month
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society	Dedicated <b>Quitline</b> from the American Cancer Society



Principal Wellness Company