



Month	Observance	Suggested Service(s)
January	Healthy Weight Week	<b>Strive</b> to Lose (weight) <b>Strive</b> for Optimal Health Resting Metabolic Rate with Nutrition Counseling
February	Heart Health Month	Lipid Panel / Glucose Blood Pressure Health Risk Appraisal
March	National Nutrition Month	Nutrition Education Station Private Nutrition Consults
April	Cancer Awareness Stress Awareness Month	Cancer Awareness Station DeStress-at-Your-Desk
May	Healthy Vision High Blood Pressure Awareness Month	Vision Screening & Healthy Idea Seminar Blood Pressure Screening
June	National Safety Month Employee Recognition	CPR, First Aid Training Massage & Reflexology
July	UV Safety Month Everybody Deserves a Massage Month	DermaScan Sun Damage Assessment Onsite Massage
August	National Immunization Awareness Month	Schedule flu / pneumonia shots for Sept/Oct/Nov
September	National Cholesterol Education Month	Repeat Cholesterol Screening & Seminar Flu Shots
October	Healthy Lung Month World Osteoporosis Awareness	Lung Function Screening Bone Density Screening Flu Shots
November	American Diabetes Month Great American Smoke Out	Diabetes / Glucose Screening HbA1c Flu Shots Smoking Cessation – <b>“Free-at-Last”</b> Smoking Awareness Station
December		Seminars - Healthy Holiday Eating Managing Holiday Stress