

# Wellness Planning Calendar

# 2020

## JANUARY

### New Year's health goals

**Member webinar:**  
Motivation: starting and keeping healthy habits

**Newsletter topic:**  
New year, new you

**Preventive focus:**  
Annual preventive screenings

## FEBRUARY

### Heart health

**Member webinar:**  
Arteries and inflammation: maintaining your highways to health

**Newsletter topic:**  
Heart-smart living

**Preventive focus:**  
Blood pressure

## MARCH

### Healthy eating

**Member webinar:**  
Debunking nutrition myths

**Newsletter topic:**  
Navigating nutrition

**Preventive focus:**  
Eating the rainbow

## APRIL

### Health care planning

**Member webinar:**  
Advocating for health: taking care of you and yours

**Newsletter topic:**  
Taking charge of your health

**Preventive focus:**  
Choosing your care team

## MAY

### Physical activity

**Member webinar:**  
Your muscles and metabolism

**Newsletter topic:**  
Keep moving

**Preventive focus:**  
Lipid panel

## JUNE

### Workplace wellness

**Member webinar:**  
Keep it moving: flexibility and mobility

**Newsletter topic:**  
Healthy @ work

**Preventive focus:**  
Vitamin D

## JULY

### Summer health

**Member webinar:**  
Healthy skin for life

**Newsletter topic:**  
Safe summer fun

**Preventive focus:**  
Skin cancer screening

## AUGUST

### Emotional health

**Member webinar:**  
Positive steps for managing conflict

**Newsletter topic:**  
Feeling your best

**Preventive focus:**  
Depression and anxiety screening

## SEPTEMBER

### Healthy aging

**Member webinar:**  
Elder care

**Newsletter topic:**  
Thriving at all ages

**Preventive focus:**  
Flu vaccine

## OCTOBER

### Tobacco cessation

**Member webinar:**  
Tobacco and vaping: what you need to know

**Newsletter topic:**  
Kicking the habit

**Preventive focus:**  
Tobacco cessation

## NOVEMBER

### Condition management

**Member webinar:**  
Success for life: managing your health condition

**Newsletter topic:**  
Living with chronic disease

**Preventive focus:**  
A1c

## DECEMBER

### Sleep health

**Member webinar:**  
Overcoming insomnia

**Newsletter topic:**  
Getting sound sleep

**Preventive focus:**  
Thyroid stimulating hormone