



# Make it count

Explore our 2021 calendar for tips to promote your total health

## **JANUARY**

Starting strong, staying well

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## **FEBRUARY**

Exercising for a healthy heart

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## **MARCH**

Getting screened for colon cancer

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## **APRIL**

Keeping workplace stress in check

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## **MAY**

Nurturing mental and emotional health

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## **JUNE**

Managing migraines

## **JULY**

Maintaining musculoskeletal health

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## **AUGUST**

Getting back to better sleep

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## **SEPTEMBER**

Eating healthy for the whole family

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## **OCTOBER**

Feeling good through gratitude

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## **NOVEMBER**

Treating and preventing prediabetes

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## **DECEMBER**

Staying mindful through the holidays

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