

WellAware 2008 Calendar of Events



Be Well, Stay Well

<p>1 January</p> <p>Topic: Healthy Weight Challenge: BMI & Body Fat Screenings Featured Provider: WellAware Program Special Event: Healthiest Loser</p>	<p>2 February</p> <p>Topic: Improving Heart Health Challenge: Heart Health Fair Featured Provider: Sister to Sister Special Event: Heart Health Speaker</p>	<p>3 March</p> <p>Topic: Nutrition Challenge: 5 Fruits and Vegetables a Day Featured Provider: Farmers Market Special Event: Cooking Demo</p>	<p>4 April</p> <p>Topic: Cancer Control Challenge: Tell a Friend Program Featured Provider: Methodist Special Event: Breast and Prostate Cancer Screenings</p>
<p>5 May</p> <p>Topic: Blood Pressure Challenge: Reduce Salt Intake Featured Provider: WellAware Program</p>	<p>6 June</p> <p>Topic: Asthma & Allergy Challenge: Avoid Allergens and Irritants Featured Provider: American Lung Association Special Event: Health and Lifestyle</p>	<p>7 July</p> <p>Topic: Sleep Challenge: Sleep 6-8 hours each night Featured Provider: Sleep Centers Speaker</p>	<p>8 August</p> <p>Topic: Health Living Challenge: Personal Preventative Care Featured Provider: Primary Care Physician Special Event: Eldercare Speaker</p>
<p>9 September</p> <p>Topic: Cholesterol Challenge: Choose healthy snacks Featured Provider: Dieticians</p>	<p>10 October</p> <p>Topic: Breast Cancer Challenge: Self Breast Exam Featured Provider: Methodist Special Event: Mobile Mammograms</p>	<p>11 November</p> <p>Topic: Diabetes Treatment and Prevention Challenge: Eat Less Sugar Featured Provider: Methodist Special Event: Diabetes Health Screening</p>	<p>12 December</p> <p>Topic: Stress Challenge: Reduce personal stress Featured Provider: Alliance Work Partners (EAP)</p>

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Join the WellAware Program

1. Complete Health Risk Assessment, or 2. Join the WellAware Points Program

Your Health = Wealth