

# Health Observance Display Calendar

Pick up **FREE** Resources at the Government Center in Anoka or Blaine Human Service Center

## **January—Smoking Cessation**

- Pick up resources on helping you quit tobacco, secondhand smoke, smoke-free dining and more.

## **February—Heart Health**

- Learn about heart disease, your risks, signs/symptoms, and how you can lower your risk.

## **March—National Nutrition Month**

- Pick up tips and resources to help make healthy eating easy.

## **April—Public Health Month**

- Get resources on how to keep your community and family healthy.

## **May—Arthritis Awareness**

- Learn about resources and tools for helping you manage your arthritis.

## **June—Skin Cancer Awareness**

- Learn about skin cancer basics, what to watch out for, and how to protect yourself.

## **July—Physical Fitness**

- Get great tips on making fitness an easy part of your day.

## **August—Six Dimensions of Wellness**

- Learn about the six dimensions of wellness and how to balance them for a healthier you.

## **September—Stress Management**

- Learn about the health effects of stress and what you can do to manage it.

## **October**

### **Cancer Awareness**

- Learn about the signs/symptoms of cancer and what you can do to lower your risk.

### **Let's Talk Month**

- Pick up resources on talking with your kids about sexual health.

## **November—Great American Smokeout**

- Pick up resources on helping you quit tobacco for the Great American Smokeout (3rd Thursday every November) in hopes you can quit for good.

## **December—World AIDS Day**

- Get information about the impact of HIV/AIDS, myths and facts, and how to lower your risk.