

2022 Health and Wellness Resource Calendar

2022	Recorded presentation	Content and articles
January Preventive care	Understanding Preventive Care  Choosing Care  Practicing Self Care: Invest In Yourself 	Preventive care with a yearly wellness exam Preventive care for children and adults (pdf)  UnitedHealthcare tools: Find tools that make it easier to manage your health plan
February National Heart Month	Know Your Numbers  Eating Mediterranean 	Know your health numbers: Tips to help you stay on top of your health Heart health: Take steps to be heart-healthy Mediterranean diet eating tips
March Healthier eating habits	Dietary Guidelines 2020-2025  Everyday Nutrition  Healthy Eating on the Go 	Dietary guidelines: Tips for creating healthy eating patterns Everyday nutrition Mindful eating
April Mental Health and Stress Awareness Month	Mental Health & Emotional Well-Being  Soothing Stress  Coping with Trauma  Dealing with Grief 	Understanding mental health Soothing stress Depression and caregiving (pdf) 
May National Physical Fitness and Sports Month	Get Up & Go  Exercise Nutrition 	Fitness facts, tips and guidance Exercise tips to help your health
June Men's Health Month	Men's Health 	Men's health

<p>July Summer safety</p>	<p>Summertime Safety</p> <p>Hydration & Healthier Beverages</p>	<p>Skin care tips, conditions and treatments</p> <p>Sun safety</p> <p>Hydration and healthier beverages</p>
<p>August National Immunization Awareness Month</p>	<p>Understanding Vaccines</p> <p>Understanding Colds & Flu</p>	<p>Child immunizations</p> <p>Tips to help you know if it's a cold or the flu</p>
<p>September National Childhood Obesity Awareness Month and National Cholesterol Education Awareness Month</p>	<p>Childhood Obesity <i>(coming soon)</i></p> <p>Healthy Heart</p> <p>DASH Diet</p>	<p>Cholesterol basics</p> <p>DASH eating plan tips</p>
<p>October Women's Health Month and National Breast Cancer Awareness Month</p>	<p>Women's Health</p>	<p>Women's health</p>
<p>November American Diabetes Month and November 18: Great American Smokeout</p>	<p>Understanding Diabetes</p> <p>Eating with Diabetes</p> <p>Diabetes In Times of Stress</p> <p>Living Tobacco Free</p> <p>Understanding Vaping</p>	<p>What is diabetes?</p> <p>Managing blood sugar</p> <p>Quitting smoking: benefits and tips</p>
<p>December Healthier ways for the holidays</p>	<p>Healthier Ways for the Holidays</p> <p>Understanding Alcohol Use & Misuse</p>	<p>Holiday eating tips</p> <p>Alcohol use</p>