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| Quarter | Month | Observation | Newsletter Promotion | Challenge |
| 1  TOPIC: Small Changes, Big Impact | **Jan** | **Cervical, Glaucoma, Blood Donor** | Discounted weight loss and gyms through health plan |  |
| **Feb** | **Heart Health**  **Cancer Prev.**  *2/2 Wear Red Day* |  |
| **Mar** | **Nutrition, Vision, Colon, Sleep**  *3/27 Diabetes Alert Day* |  |
| 2  TOPIC: | **Apr** | **Alcohol, Stress, Distracted Driving**  *4/4 National Walking Day* |  |  |
| **May** | **Arthritis, Employee Health & Fitness, HBP, Osteoporosis, Mental Health**  *5/31 World No Tobacco Day* |  |
| **June** | **Men’s Health/ Safety**  *6/4 National Cancer Survivor Day* |  |
| 3  TOPIC: | **July** | **UV Safety, Fireworks** |  |  |
| **Aug** | **Children’s Eye, Immunizations** |  |
| **Sept** | **Healthy Aging, Fruit &Veggies, Cholesterol** |  |
| 4 TOPIC: | **Oct** | **Breast Cancer, Eye Injury Prev**  *10/11 Depression Screening Day* |  |  |
| **Nov** | **Diabetes, Lung Cancer, Care Givers**  *11/15 Great American Smokeout* |  |
| **Dec** | **Safe Toys and Gifs** |  |