

# 2023 WELLNESS NEWSLETTER PLANNING TEMPLATE



**Movement:** Motivating ideas to incorporate physical activity into daily life.



**Healthy Eating:** Foods that feed our body and mind.



**Self-Care | Health Condition | Balance**  
Dealing with stress, medical, self-care, mindfulness, work-life balance.



**Financial | Medical | Safety | Life**  
Daily decisions lead us down different paths and determine the life we lead.

\*Editorial calendar subject to change

QTR	MONTH/OBSERVANCES	TOPICS*	PROGRAM HIGHLIGHT
Q1	<b>JANUARY:</b> Cervical Health, National Blood Donor, Glaucoma	Weigh In on Movement Healthy Eating Obstacles   Weight Loss Tips that Work Life Saving Donations (Giving Blood)   Look Ahead (Eye Exams) Do You Need a Will?	
	<b>FEBRUARY:</b> American Heart, 2/3 National Wear Red Day, 2/17 Random Acts of Kindness Day	3 Exercises to Boost Heart Health Foods to Fuel Your Day   Is Wine Good for Your Heart? Broken Heart Syndrome   Living with Purpose Choosing Kindness	
	<b>MARCH:</b> Colorectal, National Kidney, Nutrition, Vision, Sleep Awareness Week	Exercise and Daylight Savings Home Cooking   Nourishing Drinks Dreaming Away Disease   Clues from Your Colon Finding the Pot of Gold	
Q2	<b>APRIL:</b> Alcohol, Distracted Driving, Autism, Oral Cancer, Stress, 4/5 National Walking Day	Walk Away Lighter Libations   Fruits, Veggies, and Combatting Oral Cancer Caregiving/Pushed to the Limit   Avoid a Cell Phone Crash Spring Travel that Won't Break the Bank	
	<b>MAY:</b> Employee Health and Fitness, Arthritis, Skin Cancer, Mental Health, Asthma, Stroke	Actively Enhance Mental Well-Being Foods with Mental Health in Mind   Curb the Cravings Go With the Flow   On a Scale Pull Out or Ride the Storm?	
	<b>JUNE:</b> Fireworks, National Safety, Brain Awareness, Cataract, Men's Health	Diversify Your Workout A Perfect Picnic   Summer Produce Sun Safe Fashions   Home Safety Procrastinate or Prepare?	
Q3	<b>JULY:</b> UV Safety, National Parks and Recreation	Move to the Music Fill the Fiber Gap   Refreshing Snacks Independence vs. Interdependence   Sunscreen Do's and Don'ts Choose to Shine	
	<b>AUGUST:</b> Children's Eye, Safety, Immunization, 8/6 National Friendship Day	Lean on Me – Work out Buddies Fresh and Satisfying Snacks   Energy Boosting Bites Real Live vs. Social Media   Reconnect with an Old Friend Get Your Shots	
	<b>SEPTEMBER:</b> Fruit & Veggie, Healthy Aging, 9/10 Suicide Prevention Day	Power Hour Anti-Aging Foods   Hydration Fountain of Youth You Deserve A Break   Evening Routine Nest Egg	
Q4	<b>OCTOBER:</b> Breast Cancer Awareness, Eye Injury Prev, Dental Health, 10/1 World Vegetarian Day, 10/29 World Stroke Day	Balance Your Routine Feeding Immunity   Meal Planning Creature of Habit   Link Between Dental/Mental Health Informed Decisions	
	<b>NOVEMBER:</b> Diabetes, Lung Cancer Awareness, 11/17 National Take a Hike Day, 11/13 National Kindness Day	Take a Hike Feeding the Hungry   Fat Chance Dark Days - Fall Time Change   Clues from Your Feet Smoke or Save \$	
	<b>DECEMBER:</b> Safe Toys/Gifts, 12/5 International Volunteer Day	Deskercise Holiday Fat Burning Foods   Frozen Advantages Re-Gifting   54321 Technique Old or New Traditions	