



2014 Wellness Calendar

Month	NMCPHC Monthly Topic	Activities
February	Heart Health	ShipShape
March	Healthy Eating	MIDN Health Fair (Tobacco, Alcohol, Drugs, Sexual Health, Recreational Safety), Crews Into Shape
April	Sexual Health	SHARP (year-round)
May	Physical Fitness	10K Steps a Day, Bike to Work Day 16May
June	Drink Responsibly	Summer Safety Stand Down
July	Summer Safety	I-Day Tobacco Screening
August	Workplace Safety	Plebe education
September	Fruit and Vegetables	Farmer's Market Tour
October	Mental Health	Breast Cancer Bridge Walk
November	Tobacco Free Living	Great Americal Smoke Out/Navy Nic-Out; "Movember" (Men's Health Awareness)
December	Impaired Driving Prevention	Red ribbon campaign

