



Monthly Communications Update

January 2025

Key Topic(s)

This month you should be focusing your efforts on **Alcohol & Drug Misuse, Nutrition** and **Physical Wellness**. Visit the following links for resources on these areas:

Alcohol & Drug Misuse: <https://warfighterwellness.org/alcohol-substance-misuse/>

Nutrition: <https://warfighterwellness.org/nutrition/>

Physical Wellness: <https://warfighterwellness.org/physical-wellness/>

Health Observances

Daily:

- **01 January:** New Years Day
- **02 January:** Motivation & Inspiration/Weigh-in Day
- **03 January:** International Mind-Body Wellness Day/Festival of Sleep Day
- **05 January:** National Keto Day
- **06 January:** National Bean Day
- **08 January:** National Take the Stairs Day
- **11 January:** National Milk Day
- **12 January:** Stick to Your New Year's Resolutions Day
- **13 January:** Clean Your Desk Day/Make Your Dreams Come True Day
- **15 January:** Brew Monday
- **16 January:** Women's Healthy Weight Day
- **20 January:** Martin Luther King Jr. Day/Blue Monday/Take a Walk Outdoors Day/National Cheese Lovers Day
- **24 January:** Just Do It Day
- **26 January:** Spouse's Day

Weekly:

- **01 – 07 January:** New Year's Resolution Week
- **12 – 18 January:** Sugar Awareness Week
- **19 – 25 January:** National Activity Professionals Week/Healthy Weight Week
- **26 – 02 February:** Meat Week

Monthly:

- Cervical Health/Cancer Awareness Month
- National Blood Donor Month
- Winter Sports TBI Month
- U.S. Family Fit Lifestyle Month



NAVY AND MARINE CORPS FORCE HEALTH PROTECTION COMMAND IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

- Dry January

MHS Monthly Observances

- N/A

Social Media

Each month you should complete **at least one** of the following items through your command's social media page:

Like the W2 Facebook page: www.facebook.com/warfighterwellness/

Follow the W2 Instagram account: www.instagram.com/warfighterwellness/

Like, comment, or share a post from the W2 Facebook and/or Instagram page.