

W2 Monthly Communications Update

February 2023

Key Topics

This month you should be focusing your efforts on **Heart Health** and **Reproductive & Sexual Health**. Visit the following links for resources on these areas:

Chronic Conditions (Heart Health): <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Chronic-Conditions/>

Reproductive & Sexual Health: <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Reproductive-Sexual-Health/>

Additionally, W2 will showcase an article in the Chronic Conditions focus area called, **Heart of A Warfighter: The Pulse of the Operating Force**. Any W2 article(s) will be published to the Defense Visual Information Distribution Service (DVIDS) and linked from social media.

Health Observances

Daily:

- 02 Feb – Groundhog Day
- 03 Feb – Wear Red Day
- 04 Feb – World Cancer Day
- 07 Feb – Black HIV/AIDS Awareness Day
- 12 Feb – Super Bowl
- 14 Feb – Valentine’s Day
 - * National Condom Awareness Day
- 17 Feb – Random Acts of Kindness Day
- 21 Feb – Mardi Gras
- 23 Feb – * National Walking the Dog Day
 - Great American Spit-Out
 - o * Indicates high performing social media post

Weekly:

- N/A

Monthly:

- American Heart Month
- Black History Month

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/warfighterwelless/
- Follow the W2 Instagram account: www.instagram.com/warfighterwellness/
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.