

W2 Monthly Communications Update

May 2023

Key Topics

This month you should be focusing your efforts on **Physical Optimization** and **Sleep, Stress and Resiliency**. Visit the following links for resources on these areas:

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

Sleep, Stress and Resiliency: <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Sleep-Stress-Resiliency/>

Additionally, W2 will showcase two articles in the **Physical Optimization** focus area called, ***Celebrate National Physical Fitness and Sports Month*** and ***Avoid Musculoskeletal Injuries with Good Sleep***. Any W2 article(s) will be published to the Warfighter Wellness website and linked from social media.

Health Observances

Daily:

- 01 May – Melanoma Monday
- 04 May – National Kids Fitness Day
- 05 May – World Hand Hygiene Day
- 06 May – National Fitness Day
- 07 May – World Athletics Day
- 07 May – Bladder Cancer Awareness Day
- 08 May – National Women’s Checkup Day
- 14 May – Mother’s Day
- 17 May – National Employee Health & Fitness Day/Department of Defense Employee Health & Fitness Day/World Hypertension Day
- 18 May – *National HIV Vaccine Awareness Day
- 19 May – Bike to Work Day
- 26 May – *Don’t Fry Day (Skin Cancer Prevention)/Heat Awareness Day
- 27 May – National Sunscreen Day
- 29 May – Memorial Day
- 31 May – World No Tobacco Day/National Save Your Hearing Day/National Senior Health & Fitness Day

- * Indicates high performing social media post

Weekly:

- National Physical Education & Sports Week (01 May – 07 May)
- North American Occupational Safety & Health Week (07 May – 13 May)
- Brain Injury Awareness Week (11 May – 17 May)
- National Women’s Health Week (14 May – 20 May)
- Bike to Work Week (15 May 21 May)

Monthly:

- Women’s Health Month
- National Physical Fitness & Sports Month
- Bladder Cancer Awareness Month
- Celiac Disease Awareness Month
- Stroke Awareness Month
- Sun Safety Summer Month

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.