

## W2 Monthly Communications Update | September 2023

### Key Topics

This month you should be focusing your efforts on **Mental Health** and **Physical Optimization**. Visit the following links for resources on these areas:

**Mental Health:** <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Mental-Health/>

**Physical Optimization:** <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/Physical-Optimization/>

Additionally, W2 will continue to showcase social media campaigns via W2 Facebook and Instagram accounts:

#### SEPTEMBER SOCIAL MEDIA CAMPAIGN #1

Friday, September 1 to Saturday, September 30, 2023

#### **30-Day Mental Health Challenge**

#### SEPTEMBER SOCIAL MEDIA CAMPAIGN #2

Thursday, September 7, 2023

#### **HPRC #GotMySix Campaign**

### Health Observances

#### Daily:

- **04 September:** Labor Day
- **10 September:** World Suicide Prevention Day
- **18 September:** National HIV/AIDS and Aging Awareness Day
- **22 September:** Falls Prevention Awareness Day
- **23 September:** National Better Breakfast Day
- **29 September:** World Heart Awareness Day
- **30 September:** National Family Health & Fitness Day

#### Weekly:

- **10 September – 16 September:** National Suicide Prevention Week
- **17 September – 23 September:** National Rehabilitation Awareness Week

#### Monthly:

- Sexual Health Awareness Month
- National Ovarian Cancer Awareness Month
- Healthy Aging Month

- National Yoga Month
- Prostate Cancer Awareness Month
- National Concussion Awareness Month
- National Preparedness 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/](http://www.facebook.com/warfighterwellness/)
- Follow the W2 Instagram account: [www.instagram.com/warfighterwellness/](http://www.instagram.com/warfighterwellness/)
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.