

2020 MONTHLY HEALTH TOPICS



Each month the Work Healthy Newsletter will deliver flyers in English and Spanish with brief, interesting articles on health and wellness topics. Share with employees electronically or print and post.

Your workplace is encouraged to coordinate its wellness development strategies with these designated monthly topics. Take advantage of our complimentary wellness program coaching, designed to give employers the necessary knowledge and resources to customize a plan for work-site wellness that will engage employees, get results and help you achieve a culture of wellness.

January – Exercise into Good Health

It's a New Year and a great time to learn how to exercise your way to better health. Snag your free Synergy 3-day pass on this month's flyer.

February – Heart Health Awareness

Men and women often experience different heart attack symptoms. Knowing the warning signs can save a life.

March – Tips for a Healthy Plate

Put your best fork forward and bite into a tasty meal loaded with both flavor and nutrients. Eating proper nutrients and portions can lead you to a happier and healthier life.

April – Cancer Prevention

Building healthy habits today could help reduce your risk of cancer.

May – The Benefits of Sleep

Sleep is crucial for good health. Learn why getting a good night's sleep should be a priority.

June – Ways to Prevent Back Pain

Understand what causes back pain at work and what you can do to prevent it.

July – Sugar: The Not-So-Sweet Truth

How much sugar is too much sugar? Learn how sugar can affect your health and tips to reduce your consumption.

August – Healthy and Happy Kids

Learn our top tips for keeping babies and kids healthy and building their immune system.

September – Emergency Preparedness

It's important to take action to prepare for the types of emergencies that could affect us at home or where we work. Do you have an action plan or supplies in place?

October – Pinktober

October marks National Breast Cancer Awareness Month. Help spread the word that early detection saves lives.

November – Cold and Flu Season

The flu isn't just a bad cold – it's highly contagious and can be serious. Help prevent spreading the flu this season.

December – Healthy Holiday Season

Learn stress management and resiliency strategies so you can enjoy a healthy and happy holiday season.