













# Wellness Calendar of Events

Month	Activity
 <b>June 2010</b>	<b>National Safety Awareness Month:</b> Your safety at work and at home is a number one priority. This program will teach you different safety tools to keep you and others around you safe.
 <b>July 2010</b>	<b>Sun Safety:</b> Skin cancer is the most common form of cancer in the U.S., but it is highly curable when diagnosed and treated in an early stage. Participate and learn prevention tips and what to watch for!
 <b>August 2010</b>	<b>Know Your Numbers:</b> 60% of Appleton HRA participants have high blood pressure and about 70% have high cholesterol. This program will help you get your numbers back where they should be!
 <b>September 2010</b>	<b>Walk for Wellness:</b> Walking can help manage your weight, control your blood pressure, and lower your risk of a stroke or heart attack. Watch for more information about this exciting walking challenge!
 <b>October 2010</b>	<b>Flu Vaccinations:</b> Up to 20% of the U.S. population gets the seasonal flu each year. In 2009, over 900 Appleton employees were vaccinated. Don't be caught without your shot!
 <b>November 2010</b>	<b>Kick the Habit:</b> Do you have an unhealthy habit you have been trying to stop? If so, this program will provide you with the support you need to kick your bad habit for good!
 <b>December 2010</b>	<b>Maintain, Don't Gain:</b> The holidays are the hardest time of year to maintain your weight. This six week program will keep you on track so you enter the new year feeling good!
 <b>January 2011</b>	<b>The Biggest Loser Challenge:</b> 76% of Appleton HRA participants have an elevated BMI. Get a team together and join this fun weight loss challenge to help you lose weight and keep it off!
 <b>February 2011</b>	<b>Heart Healthy Living:</b> Heart disease is the leading cause of death in the United States and is often known as the "silent killer." Learn what you can do to keep your heart healthy.
 <b>March 2011</b>	<b>National Nutrition Month:</b> Only 7% of Appleton HRA participants are following the optimal guidelines for nutrition. Participate and learn how to incorporate the right foods into your diet.
 <b>April 2011</b>	<b>Stress Busters:</b> Everyone experiences stress in their lives from time to time, but the trick is to learn how to manage it. Learn techniques to manage your stress so it does not manage you!
 <b>May 2011</b>	<b>Fitting in Fitness:</b> 60% of Appleton HRA participants need to exercise more frequently. This interactive program will help you find an exercise program that works for you!