JAN
Cervical Health Awareness
Ask your doctor which cervical cancer screening is right for you.

FEB
American Heart Month
Love your heart: get active, eat well, and see your doctor regularly!

MAR
Colorectal Cancer Awareness
Talk to your doctor about ways to screen for polyps or colon cancer.

APR
Alcohol Awareness Month
Drinking less alcohol can help you lose weight AND feel better.

MAY
Mental Health Awareness Month
One in five Americans live with a mental health illness; let’s talk!

JUN
Men’s Health Month
Even if you feel good, get your annual checkup today!

JUL
Dental Health Awareness Month
A healthy smile is a beautiful smile.

AUG
Immunization Awareness Month
Beat the rush, get your kids vaccinated before the school year begins!

SEP
Back to School!
Make sure your kids get an annual checkup. Call their doctor today!

OCT
Breast Cancer Awareness
Think pink! If you’re 50 or older, schedule your mammogram.

NOV
American Diabetes Month
Manage your diabetes by taking your medicine, eating healthy, and staying active!

DEC
World AIDS Day: 12/01
HIV tests are quick, easy, and can be done during any doctor visit.

notes: