



Plan for Health 2024 Calendar

JANUARY	FEBRUARY	MARCH	APRIL
 <p>Preventive Care and Emergency Preparedness</p>	 <p>National Cancer Awareness Month and Heart Health</p>	 <p>Nutrition Month and Sleep Awareness</p>	 <p>Tobacco Cessation and Social Determinants of Health</p>
MAY	JUNE	JULY	AUGUST
 <p>Mental Health Month and Benefits of Physical Fitness</p>	 <p>National Safety Month and Ergonomics</p>	 <p>Travel Health, Safety, and Unplugging</p>	 <p>Family Health and Financial Health</p>
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 <p>Social Health and Mindfulness</p>	 <p>Women's Health and Self-Care</p>	 <p>Men's Health and Diabetes Month</p>	 <p>Giving Back, Gratitude, and Managing Seasonal Affective Disorder</p>