

Use this calendar to promote a variety of health topics to your family, friends, and employees – be a wellness champion all year round!

To access all Better You challenges and university courses, log in to the [member portal](#).

January	February	March
Cervical Health Cervical cancer screening Better You Challenge: Squat 1500	Eating Disorders Eating disorders information and resources Better You Challenge: Flex Time	Colorectal Health Colorectal cancer facts and risk factors Better You Challenge: Classy Gym
<ul style="list-style-type: none"> January 1 – March 31 Better You University Course: Let's Get Physical. See what a doctor, dietician, and personal trainer suggest for fitness and weight loss. Better You Quarterly Community Challenge: Fitness. 		
April	May	June
Autism Autism and autism spectrum disorder Better You Challenge: Daily Plan	Mental Health Stress and your health Bipolar disorder and depression Better You Challenge: Great Day	Men's Health Health screenings for men: 18-39 , 40-64 , and over 65 Better You Challenge: True North
<ul style="list-style-type: none"> April 1 – June 30 Better You University Course: Build A Habit. Learn a proven step-by-step strategy to make lasting changes in your life. Better You Quarterly Community Challenge: Purpose. 		
July	August	September
UV Safety Sun protection and sunburn Better You Challenge: Five Alive	Immunizations Immunizations and your child's first vaccines Better You Challenge: Bean Power	Healthy Aging Exercise and age Aging changes in immunity Better You Challenge: Drop Pop
<ul style="list-style-type: none"> July 1 – September 30 Better You University Course: Healthy Cooking. The best techniques for easy, healthy meals. Better You Quarterly Community Challenge: Nutrition. 		
October	November	December
Breast Cancer Breast cancer Breast cancer screening Better You Challenge: New Acquaintance	Diabetes Diabetes center Tests and checkups Better You Challenge: Helping Hand	Drunk & Drugged Driving Prevention Responsible drinking Health risks of alcohol use Better You Challenge: Chill Pill
<ul style="list-style-type: none"> October 1 – December 31 Better You University Course: Manage Your Mind. Understand the importance of meditation for adding space to your thoughts to increase happiness. Better You Quarterly Community Challenge: Emotional/mental wellness. 		

Visit truehealthnewmexico.com/health-wellness/ for many more health and wellness resources.