

EMPLOYEE COMMUNICATION CALENDAR 2023



Communication	Date	Communication	Date	Communication	Date
Eye Safety: Taking Care of Your Vision [Prevention]	January	Skin Cancer Melanoma [Prevention]	May 1	Healthy Lung Month [Safety]	October
Managing Your Weight [Fitness]	Jan 15-21	Summer Safety [Safety]	June	Breast Health [Personal Health]	October
Heart Health [Prevention]	February	Family Health [Personal Health]	June 10	Pneumonia [Prevention]	November 12
Love Yourself [Personal Health]	February	Heat Resistance [Personal Health]	July	World Diabetes Day [Prevention]	November 14
Good Nutrition [Nutrition]	March	Summer Safety Continued [Safety]	July	Alcohol & Drug Abuse [Safety]	December
Sleep Well [Stress Management]	March 12-18	Calming Techniques [Stress Mgmt]	August	Healthy Smile [Prevention]	December 3-9
Manage Everyday Stress [Stress Mgmt]	April	Opioid Misuse [Personal Health]	August 31		
Turn Negativity Around [Stress Mgmt]	April 16-22	Fruit and Veggies More [Nutrition]	September 1		
High Blood Pressure [Prevention]	May	Healthy Kids [Prevention]	September		
Posture-Protect Your Back [Prevention]	May	Defeating Depression [Prevention]	Sept 10-16		

■ Fitness ■ Safety
■ Nutrition ■ Stress Management
■ Personal Health
■ Prevention

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S								
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29	30	31																			30																					
JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							
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