



Monthly Health and Wellness Initiatives

Compiled by the
**Alaska Community Health
Aide Association**



Setting Healthy New Year's Goals

JANUARY

- [Tips on Effective New Year's Goals](#)
- [Setting Goals for Teens](#)
- [Starting a Wellness Team in Your Community](#)
- [Affordable Care Act Timeline](#)
- [DoD Employee Wellness, Satisfaction and Engagement Initiative](#)
- [DoD Financial Fitness Posters](#)
- [DoD Financial Educational Information and Tools](#)
- [Financial Educational Podcasts](#)
- [Free DVDs on Health Topics](#)
- [Ounce of Prevention Campaign](#)
- [Seasonal Flu](#)
- [Winter Weather and Traffic Safety](#)



FEBRUARY

- [Take Heart Alaska](#)
- [Tools for Your Heart](#)
- [Cholesterol Resources & Fact Sheet](#)
- [Heart Disease Prevention Resources & Fact Sheets](#)
- [High Blood Pressure Resources & Fact Sheets](#)
- [Sodium Resources & Fact Sheet](#)
- [Stroke Resources & Fact Sheet](#)
- [Employee Awareness Information Campaign](#)
- [Health Widgets & Apps](#)
- [Heart Attack Risk Factors](#)
- [Employee Wellness Campaign Marketing Kit](#)
- [Make the Call Don't Miss a Beat](#)
- [Wellness Campaign Posters](#)
- [Women's Health](#)



MARCH

- [Shape Up Your Plate](#)
- [Ethnic Foods](#)
- [American Dietetic Association](#)
- [Harvard School of Public Health](#)
- [Employee Wellness Campaign Marketing Kit](#)
- [CDC Lactation Education Program for the Workplace](#)
- [American Diabetes Association My Food Advisor Tool](#)
- [USDA My Pyramid](#)
- [National Eating Disorders](#)
- [CDC Nutrition Resources and Tools](#)
- [Reducing Risk: Patient Education Toolkit](#)
- [Smart Nutrition Starts Here](#)
- [Super Tracker](#)
- [How Much Does Obesity Cost Your Company](#)



APRIL

- [8 Tips Toward a Healthier Mind](#)
- [American Institute of CPAs](#)
- [Employee Awareness Information Campaign](#)
- [Financial Fitness](#)
- [Federal Financial Literacy Education](#)
- [Financial Games & Resources](#)
- [Employee Wellness Campaign Marketing Kit](#)
- [Mental Health Wellness Posters](#)
- [Nutrition and Physical Activity Checklist](#)
- [Stress At Work](#)
- [Stress Management and Recovery](#)
- [Maintain Work-Life Balance for Executives and Staff](#)
- [Wellness Campaign Posters](#)



MAY

- [Health and Fitness Awareness Campaign](#)
- [Tips to Overcome Fitness Barriers](#)
- [Daily Activity Checklist](#)
- [How Much Physical Activity Do Adults Need](#)
- [Taste of Spring Recipes](#)
- [Health and Fitness Wellness Posters](#)
- [Tips for Scheduling Physical Activity Time](#)
- [Senior Executives Health and Fitness Wellness Posters](#)
- [Fitness Posters on Health.gov](#)
- [Fitness Posters on WellnessProposals.com](#)
- [Navy Fitness Workout Guides](#)
- [ACE Exercise Videos](#)
- [Be Active Your Way Guide for Americans](#)
- [Walking Resources](#)



JUNE

- [How Healthy Is Your Home](#)
- [Home Environment Checklist to Reduce Asthma](#)
- [Guide for Lightning Safety](#)
- [Home Safety Guide](#)
- [Healthful Living at Home](#)
- [Turn Up the Heat Recipes](#)
- [Home Safety Wellness Posters](#)
- [Naval Safety Center Summer Safety Campaign](#)
- [Home Safety Council](#)
- [Recreation Safety](#)
- [Traffic Safety](#)
- [Distracted Driving](#)
- [Grilling Safety](#)
- [Do-It-Yourself Safety](#)



JULY

- [Sun Safety Tips for Your Skin](#)
- [Sunscreen Report](#)
- [Sun Safety Alliance](#)
- [Skin Care Foundation](#)
- [Skin Cancer Facts](#)
- [Action Steps for Sun Safety](#)
- [Sun Protection](#)
- [Treating Sunburned Kids](#)
- [Important Sun Safety Tips](#)
- [Know Your Skin Type](#)
- [Sun Safety for Outside Workers](#)
- [Preventing Skin Cancer](#)
- [Sunscreen: The Burning Facts](#)



AUGUST

- [Vaccines and Immunizations](#)
- [Promoting Vaccinations and Immunizations](#)
- [DoD Immunization Poster 1](#)
- [DoD Immunization Poster 2](#)
- [DoD Immunization Poster 3](#)
- [DoD Immunization Poster 4](#)
- [On-line Course - Epidemiology and Prevention of Vaccine-Preventable Diseases](#)
- [Immunizations for Different Groups of People](#)
- [CDC On-line Posters](#)
- [CPP Memo for August's Immunization Awareness Campaign](#)
- [Flu Prevention this Fall](#)
- [Child to Adolescent Immunization](#)
- [Health and Age: Adult Immunization](#)
- [Healthy Apple Recipes](#)
- [Immunization Awareness Posters](#)
- [August's Instructional Sheet for Immunization Package](#)
- ["Be Wise to Immunize" Facts](#)



SEPTEMBER

- [State of Alaska Suicide Prevention Council](#)
- [Suicide Prevention Lifeline](#)
- [U.S. Navy Suicide Prevention Resources](#)
- [Navy and Marine Corps Public Health Center](#)
- [Military Suicide Prevention Training](#)
- [Army Suicide Prevention](#)
- [U.S. Suicide Prevention Program](#)
- [Military Mental Health Screening Program](#)



OCTOBER

- [Pink Ribbon Breast Cancer Self Breast Exam Detailed instructions](#)
- [Alaska Breast Cancer Advocacy Partners](#)
- [Breast Cancer Detection Center of Alaska](#)
- [ANTHC: Cancer Program Projects](#)
- [Fighting Cancer With Native Foods](#)
- [Breast Cancer Support](#)
- [Cancer Nutrition](#)
- [Depression PDQ](#)
- [Breast Cancer Store](#)



NOVEMBER

- [Alaska Quit Line](#)
- [Guide to Quitting Smoking](#)
- [smokeFree iPhone App](#)
- [WhyQuit.Com](#)
- [Smoking Cessation](#)
- [Women and Smoking](#)
- [Smoking and Heart Disease](#)
- [Pathways to Freedom – Smoking – CDC](#)
- [Diabetes and Smoking – Diabetes Health](#)
- [American Lung Association in Alaska – Fighting for Air](#)
- [Women's, Children's and Family Health- Child and Adolescent Diabetes in Alaska](#)



DECEMBER

- [Stress, Depression and the Holidays: Tips for Coping](#)
- [7 Tips to Smooth Over Your Holiday Stress](#)
- [Stress Management Specialist Anchorage](#)
- [Understanding Stress: Symptoms, Signs, Causes and Effects](#)
- [Family Conflict and Holiday Stress: How to Minimize Family Conflict During the Holidays](#)
- [Holiday Stress Tips](#)
- [How to Cope With Anxiety During the Holidays](#)
- [CDC Features – Twelve Health and Safety Tips for the Holidays](#)
- ['Tis the Season to be Stressed-Out](#)