



2008: A Year of Good Health for Everyone

Take Simple Steps Every Day to Live a Safe and Healthy Life



January	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

February	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29		

March	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						



Get Check-Ups • Be Good to Yourself • Maintain a Healthy Weight



April	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				

May	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

June	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						



Know Yourself and Your Risks • Be Active • Eat Healthy



July	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

August	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

September	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					



Manage Stress • Get Vaccinated • Be Smoke-Free • Be Safe and Protect Yourself



October	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

November	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							

December	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

