

2009: A Year of Good Health for Families



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

Jai	nua	ry			20	206
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturda
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4	5	6	7	8	9	10
11	12	13	14	15	16	1
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25	26	27	28	29	30	3

Fe.	bru	ary	7		20	009
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Ma	rcł	1			20	009
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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29	30	31				

Ap	ril				20	009
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Manage Stress • Get Check-Ups

Ma	y				20	09
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Ju	ne				20	009
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Ju	July 2009														
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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23	24	25	26	27	28	29
20	21					

Eat Healthy • Be Active • Protect Yourself

Se	pte	mb	er		20	009	Oc	tob	er			20	009	No	ver	nbe	r		20	009	De	cen	nbe	r		20	009
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		

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