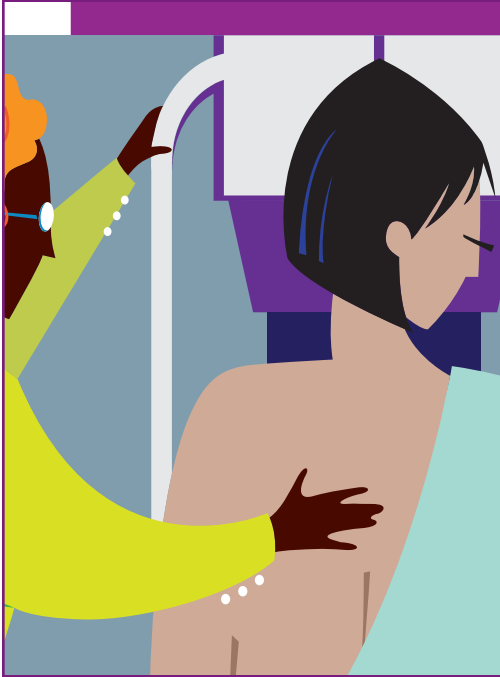




# 2009: A Year of Good Health for Women



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

January 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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

March 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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				

April 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 Check-Ups

May 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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				

July 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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					

## Eat Healthy • Be Active • Protect Yourself

September 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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			

October 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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		