



Central PA Livewell

2010 Wellness Calendar



January	February	March	April
Know Your Carrier	Heart Health	Men's Health	Urgent Care Centers
May	June	July	August
Physical Fitness	Blood Donation	Diabetes Month	Nutrition Month
September	October	November	December
Safety @ Work and Home	Women's Health	Stress Management	Preventive Care

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2010 Calendar of Events

FEBRUARY 9, 2010 Your Heart: Make it Healthy & Generous!

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. We'll celebrate "American Heart Month" by showing you ways to make your heart healthier. Tommi Burchfield of Creative Concepts & Consulting will also show you ways to have a giving heart, displaying ideas to have your workforce involved in the community.

MAY 4, 2010 Celebrating National Physical Fitness & Health Month

Since 1983, May has been observed as National Physical Fitness and Sports Month. Individuals and organizations everywhere have joined in the fun to promote awareness of the value of physical activity in the pursuit of a happier, healthier, more productive life. We'll meet at ProCare's Altoona office to show you ways to become more involved!

AUGUST 24, 2010 Nutrition: It Doesn't have to be Hard!

Our event focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Beth Lutton, Central PA Livewell's dietitian, will help increase awareness of food and nutrition services, while Bjorn Reed will host a cooking class for all participants.

NOVEMBER 3, 2010 Stress Management: Effective Ways to Handle Stress

Our EAP partner, Jim Long, will present an informative program on how to deal with everyday stress. We'll provide you with tools and exercises to introduce to your employees and will also present information on tobacco cessation.