Health Improvement Team Activity Calendar November 2003 – October 2004 (draft 10/29/03)

November	December	January	February	March	April	May	June	July	August	September	October
Great Am Smokeout 20 Quit Smoking Presentations	Stress Reduction - Holidays On Site Classes / Brochure	Stress &Holidays On Site Classes / Brochure		Physical Activity On Site Classes All levels	Turn Off the TV Week (19-25th)	Physical Activity On Site Classes					
Develop ~~elevator~~ stair promotion	Physical Activity Promoting ~~Elevator~~ stair Use	Physical Activity Promoting Elevator Use	Physical Activity Promoting Elevator Use	Diabetes Alert Day Distribute Diabetes Self-test	Alcohol Awareness Month	Commute Another Way Day Promote Walking/Biking				Physical Activity Promoting Elevator Use	Physical Activity Promoting Elevator Use
	Develop guidelines/materials for Healthy Meetings & Vending Machines	Promote guidelines-Hlthy Mtings& Vending	Promote guidelines-Hlthy Mtings& Vending	March Into May Begins 3/ Incentive Program/Contest	March Into May Incentive Program/Contest	March Into May Ends 5/ Program/Contest				5-A-Day Week 8th-14th FamilyHlth&Fitness Day 9/28	Diabetes Adult Immunization
	Healthy Eating On Site Classes	Healthy Weight Week (18th-24th) On Site Classes	American Heart Month	Nutrition Month On Site Classes		Asthma&Allergy Running (13th-19th) Women's Health (12th-18th)	Men's Health (10th-16th)				Breast Cancer Awareness Healthy Lung DentalHygiene
		Stretching	Stretching	Stretching		Employee Hlth&Fitness Day Ntnl Bike Month Phys Ftness&Sports					Depression & Mental Health
Ongoing Efforts Bi-Monthly Newsletter ; Email Tip of the Day ►►											
To research further: Revise City Tobacco Policy; Health Risk Appraisals / screenings; Flex Time, Performance Objective related to Promoting Health ►►►►►►►►►►►►►											

Legend: National/State/Local Observance Stress Reduction Tobacco Healthy Eating Physical Activity