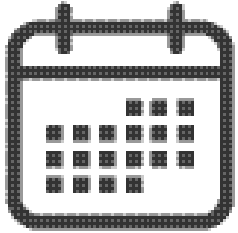


2023 Health and Wellness Calendar



**Coming soon
November 2022**

Month	Wellness Topic
January	The Facts About Health Fads
February	African American Health Disparities Know Your Numbers-Heart Health
March	Colon Cancer
April	Allergies
May	Mental Health-Depression
June	LGBTQ+ Men's Health
July	Back Pain
August	Cancer Prevention
September	Flu Shot
October	Breast Cancer
November	Diabetes
December	Questions to Ask Your Doctor