

Better Health Through Better Living



2019-20 Wellness Calendar

<p><u>July</u></p> <p>Healthy Heart Blood Draw</p>	<p><u>August</u></p> <p>Healthy Heart Blood Draw</p> <ul style="list-style-type: none"> * Skin Cancer Screening 	<p><u>September</u></p> <p>Cardiac & Organ Screenings</p> <ul style="list-style-type: none"> * Mammography Screenings * Flu & Pneumonia Vaccinations * Skin Cancer Screening
<p><u>October</u></p> <ul style="list-style-type: none"> * Mammography Screenings * Flu & Pneumonia Vaccinations <p>Prostate Screenings</p>	<p><u>November</u></p>	<p><u>December</u></p>
<p><u>January</u></p> <ul style="list-style-type: none"> * Wellness Survey 	<p><u>February</u></p> <ul style="list-style-type: none"> * Health Risk Assessment Screenings 	<p><u>March</u></p> <ul style="list-style-type: none"> * Nurse Consultations * Comprehensive Eye Screenings
<p><u>April</u></p> <ul style="list-style-type: none"> * Nurse Consultations * 9th Annual Fit Cochise 5K Walk/Run 	<p><u>May</u></p>	<p><u>June</u></p>

* Subject to change. Watch for updates in your monthly wellness newsletter.