

Principal Wellness Program

Calendar of Events for Principal Wellness Company Clients 2007

1st Quarter - Women's Health Awareness

January	February	March
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
Healthy Bytes bi-weekly wellness education Understanding Carbohydrates Eating Heart Healthy Foods	Healthy Bytes bi-weekly wellness education Children's ENT Education Brain Health	Healthy Bytes bi-weekly wellness education Importance Of Good Dental Health Understanding Acid Reflux Disease
Monthly National Observance Newsletter Glaucoma Awareness Month	Monthly National Observance Newsletter Heart Month	Monthly National Observance Newsletter National Nutrition Month
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society

2nd Quarter - Family Health Awareness

April	May	June
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
Healthy Bytes bi-weekly wellness education BMI and Weight Circumference The Facts About Allergies	Healthy Bytes bi-weekly wellness education Keys To Good Bone Health Impact Of Second Hand Smoke	Healthy Bytes bi-weekly wellness education Keeping Your Kids Fit Hearing/Audio Health
Monthly National Observance Newsletter National Cancer Control Month	Monthly National Observance Newsletter Mental Health Month	Monthly National Observance Newsletter Home Safety Month
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society

3rd Quarter - Men's Health Awareness

July	August	September
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
<i>Healthy Bytes</i> bi-weekly wellness education The Skinny On Liquid Calories A Cleanly Workspace	<i>Healthy Bytes</i> bi-weekly wellness education Dispelling The Myths Of Colonoscopy Taking Your Medications As Prescribed	<i>Healthy Bytes</i> bi-weekly wellness education Benefits Of Reading To Your Kids Get Your Family Back To The Dinner Table
Monthly National Observance Newsletter UV Safety Month	Monthly National Observance Newsletter Immunization Awareness Month	Monthly National Observance Newsletter Cholesterol Education Month
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society

4th Quarter - Holiday Weigh In Campaign

October	November	December
<i>Words of Wellness</i>	<i>Words of Wellness</i>	<i>Words of Wellness</i>
<i>Healthy Bytes</i> bi-weekly wellness education Managing Chronic Back Pain The Truth About Mammograms	<i>Healthy Bytes</i> bi-weekly wellness education What You Need To Know About Arthritis Workplace Ergonomics	<i>Healthy Bytes</i> bi-weekly wellness education Proper Lifting Techniques Hydration Basics
Monthly National Observance Newsletter Breast Cancer Awareness Month	Monthly National Observance Newsletter American Diabetes Month	Monthly National Observance Newsletter Safe Toys and Gifts Month
On-line educational suite	On-line educational suite	On-line educational suite
Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society	Dedicated Quitline from the American Cancer Society



Principal Wellness Company