



# Feeling good

Stay your healthiest all year long

Every month you'll find great ways to help you live well and feel better.

## 2019 living well calendar

### January

Win at well-being

### February

Heart-healthy tips

### March

Be proactive with preventive health

### April

Get a handle on stress

### May

Why musculoskeletal health matters

### June

Live in the moment

### July

Mid-year goal check-in

### August

Keep an eye on dental health

### September

Healthy eating for life

### October

Manage your medicines

### November

Details about diabetes

### December

The gift of self-care

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