

**OME-RESA Healthy Living & Healthy Lifestyles Communication Outline
May 2010 – April 2011**

Month	Topic/Focus	Wellness Challenge
May	Health Assessment & Know Your Numbers	
June	Health Coaching & Healthy Living Programs	
July	Disease Mgt (<i>Healthy Living Program</i>)	
August	Preventive Exams & Screenings	
September	Get Active Physical Activity Challenge	
October	Get Active Physical Activity Challenge	Get Active (Oct 1-31)
November	Tobacco Cessation: Great American Smokeout	
December	SMART Goals for Better Health	
January	Healthy Weight & Maintain Don't Gain Challenge	
February	Maintain Don't Gain Weight Management Challenge	Maintain Don't Gain (Feb 1-28)
March	5-A-Day Nutrition Challenge	
April	5-A-Day Nutrition Challenge & End of Year Survey	5-A-Day (Apr 1-30)

Wellness Program: www.ome-resahealthlifestyles.com

Healthy Living Program (Disease Mgt): 1.866.766.8795 or www.AlereCares.com/OME-RESA