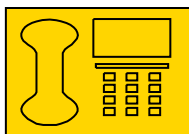


**Have a**

**phone?**



# 2011 Good Health Presentation Schedule

Month	Topic
January	Setting a Goal and Making it Happen
February	"Fitting In" Physical Activity
March	Physical Activity for a Healthy Weight ( <i>WELCOA</i> )
April	Eating for Energy  <i>*Plus MOVE Kick-Off Presentations</i>
May	Say No to Diabetes  Blood Pressure
June	Fatigue: Identifying Sources and Solutions
July	Are You Healthy Enough to Retire?
August	Building Resiliency for Challenging Times  <i>*Plus 12% Kick-Off Presentations</i>
September	Humor at Work  <i>*Plus 12% Kick-Off Presentations</i>
October	Immunizations
November	TBD
December	Top 12 Tips for a Healthy Weight in 2012

• Sessions are open to all employees, retirees, spouse/partners and contractors.

