



Healthy Living - MEDIA CALENDAR 2018 (1)

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THEME	MONTH					
	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
	<u>SUMMER READINESS</u>	<u>DIABETES</u>	<u>PROSTATE CANCER/ALZHEIMER</u>	<u>MENTAL HEALTH/HPV PREVENTION</u>	<u>LUNG CANCER/OSTEOPOROSIS</u>	<u>FALL PREVENT/WINTER READINESS</u>
WEEK#1 MONDAY WED FRIDAY	NUTRITION CONSUMER LITERACY SUMMER (One post each)	NUTRITION CONSUMER LITERACY DIABETES (One post each)	NUTRITION CONSUMER LITERACY NUTRITION DEFICIENCY DISEASES (one post each)	NUTRITION CONSUMER LITERACY MENTAL HEALTH (One post each)	NUTRITION CONSUMER LITERACY LUNG CANCER (One post each)	NUTRITION AND WINTER CONSUMER LITERACY FALL PREVENTION (One post each)
WEEK # 2 MONDAY WED FRIDAY	NUTRITION AND WINTER CONSUMER LITERACY SUMMER (One post each)	NUTRITION CONSUMER LITERACY DIABETES (One post each)	NUTRITION AND CANCER CONSUMER LITERACY NUTRITION DEFICIENCY DISEASES(One post each)	NUTRITION CONSUMER LITERACY MENTAL HEALTH (One post each))	NUTRITION AND DIABETES CONSUMER LITERACY LUNG CANCER (One post each)	NUTRITION AND WINTER CONSUMER LITERACY HYPOTHERMIA (One post each)
WEEK # 3 MONDAY WED FRIDAY	NUTRITION AND WINTER CONSUMER LITERACY SUMMER READINESS (One post each)	NUTRITION CONSUMER LITERACY DIABETES (One post each)	NUTRITION AND CANCER CONSUMER LITERACY GLAUCOMA (One post each)	NUTRITION CONSUMER LITERACY HPV PREVENTION post each) (One	NUTRITION AND DIABETES CONSUMER LITERACY OSTEOPOROSIS (One post each)	NUTRITION AND WINTER CONSUMER LITERACY FROSTNIP (One post each)
WEEK # 4 MONDAY WED FRIDAY	NUTRITION & WINTER CONSUMER LITERACY HEPATITIS (One post each)	NUTRITION CONSUMER LITERACY DIABETES (One post each)	NUTRITION AND CANCER CONSUMER LITERACY NUTRITION DEFICIENCY DISEASES (One post each)	NUTRITION CONSUMER LITERACY HPV PREVENTION (One post each)	NUTRITION AND DIABETES CONSUMER LITERACY OSTEOPOROSIS (One post each)	NUTRITION CONSUMER LITERACY WINTER READINESS (One post each)
<u>RESPON SIBILITY</u> (For Content)	<u>Bhavana & Surabhi</u>	<u>Bhavana & Surabhi</u>	<u>Bhavana & Surabhi</u>	<u>Bhavana & Surabhi</u>	<u>Bhavana & Surabhi</u>	<u>Bhavana & Surabhi</u>

ref: <https://www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html>

<https://www.canada.ca/en/health-canada/services/general-food-safety-tips/food-safety-tips-barbecuing.html>