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## Wellness Throughout 2017

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### **JANUARY**

Connect with Nature Month

*Dimension Focus: Spiritual*

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### **FEBRUARY**

Healthy Heart Month

*Dimension Focus: Medical*

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### **MARCH**

Nutritional Month

*Dimension Focus: Nutritional*

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### **APRIL**

Focus on Fitness Month

*Dimension Focus: Physical*

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### **MAY**

Humor Awareness Month

*Dimension Focus: Emotional*

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### **JUNE**

Safety Month

*Dimension Focus: Educational*

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### **JULY**

Stress Reduction Month

*Dimension Focus: Emotional*

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### **AUGUST**

Proactive Health and Wellness Month

*Dimension Focus: Medical*

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### **SEPTEMBER**

Become Involved Month

*Dimension Focus: Community*

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### **OCTOBER**

Cognitive Awareness Month

*Dimension Focus: Cognitive*

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### **NOVEMBER**

Family & Support Month

*Dimension Focus: Emotional*

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### **DECEMBER**

Spirituality Wellness Month

*Dimension Focus: Spiritual*

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