



American  
Heart  
Association.

# BAYHEALTH Year-Round Engagement Calendar



## PREVENTION

- Tobacco Cessation
- Food Access
- 1 newsletter feature
- 1 social media message

January  
ADVOCACY



## HEART MONTH

- CHD Awareness
- Heart Month/Wear Red Day
- 1 newsletter feature
- 1 social media message

February  
HEART MONTH



## NUTRITION MONTH

- Nutritious Foods
- Healthy Eating
- 1 newsletter feature
- 1 social media message

March  
NUTRITION



## PHYSICAL ACTIVITY

- National Walking Day
- Fitness Strategies
- 1 newsletter feature
- 1 social media message

April  
PHYSICAL ACTIVITY



## CVD & STROKE PREVENTION

- Stroke Month
- Stroke Prevention
- 1 newsletter feature
- 1 social media message

May  
STROKE MONTH



## HEALTH & SAFETY AWARENESS

- CPR Awareness Week
- 1 newsletter feature
- Social media message

June  
CPR



## REDUCING BLOOD PRESSURE

- Summer workout tips
- Reducing Sodium
- 1 newsletter feature
- Social media message

July  
HYPERTENSION CONTROL



## MENTAL WELLNESS

- Mental Health Information
- Mental Wellness
- 1 newsletter feature
- 1 social media message

August  
MENTAL HEALTH



## PATIENT & CAREGIVER INFO

- Childhood Obesity
- Adult Obesity
- 1 newsletter feature
- 2 social media messages

September  
OBESITY



## DIVERSITY

- World Stroke Day
- Heart Health in Women
- 1 newsletter feature
- 2 social media messages

October  
DIVERSITY



## HEART WALK

- Role of Family History
- National Eating Healthy Day
- 1 newsletter feature
- 2 social media messages

November  
FAMILY HISTORY



## EATING HEALTHY DURING THE HOLIDAYS

- Healthy Holiday Toolkit
- 1 newsletter feature
- 1 social media message

December  
HEALTHY HOLIDAYS