

# Health & Wellness Communication Calendar

*The One Source Advisors annual Health & Wellness Communication Calendar is a valuable, interactive resource that gives our clients direct access to health and wellness information with supporting flyers, posters, healthy recipes and payroll stuffers. The calendar follows the National Health Observances, and we've leveraged our relationships with the carriers we work with to bring the best information from each to you. Our Health & Wellness Communication Calendar is a turnkey tool for our clients wellness initiatives that is updated on an annual basis.*



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## Wellness & Communication Calendar

### January

Smoking Cessation Month	
Poster	
Carrier Articles & Resources	Smoking Cessation Newsletter – UHC Be a Quitter – Anthem
Helpful Health Links	American Lung Association Freedom From Smoking Cessation Program

### February

Healthy Heart Month	
Healthy Recipe	
Carrier Articles & Resources	Heart Health – Humana Healthier Heart – Anthem Healthy Heart Foods - Anthem
Helpful Health Links	Heart Healthy Online American Heart Association Healthy Heart Guide

### March

Nutrition Month	
Healthy Recipe	
Carrier Articles & Resources	Good Health Dietary Guidelines – UHC Nutrition Newsletter – UHC Worksite Nutrition Tips – UHC Reading Nutrition Labels – Anthem
Helpful Health Links	Eat Right - American Dietetic Association Join Aetna's Healthy Food Fight Challenge Nutrition.gov MyPyramid

### April

Alcohol Awareness Month	
Payroll Stuffer	
Carrier Articles & Resources	Health Finder Alcohol Awareness HR Toolkit
Helpful Health Links	Local Substance Abuse Resources & Counseling by County Rethinking Drinking

### May

Blood Pressure Education Month	
Payroll Stuffer	
Carrier Articles & Resources	High Blood Pressure Overview – Anthem Walking Cuts Blood Pressure – Anthem Stress Management Newsletter – UHC
Helpful Health Links	American Heart Association High Blood Pressure Prevention High Blood Pressure Detection

### June

Men's Health Month	
Poster	
Carrier Articles & Resources	Screening Guidelines for Men – UHC Preventing Prostate Cancer – Anthem Men's Health Facts – menshealth.org
Helpful Health Links	Men's Health Month

### July

Skin Cancer Awareness Month	
Payroll Stuffer	
Carrier Articles & Resources	Sun Doesn't Equal Fun – Humana Self-Skin Exam – Anthem Sun Safety Guide – CDC
Helpful Health Links	Centers for Disease Control & Prevention Cancer Research Institute Skin Cancer Foundation

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# Posters, Healthy Recipes, Flyers, Payroll Stuffers

## DO YOU WANT TO

**Quitting works best prepared.**

HERE'S HOW TO **START!**

**S = Set a Quit date**  
**T = Tell family, friends and co-workers**  
**A = Anticipate** and plan for the challenges of quitting  
**R = Remove** cigarettes and other temptations from home, car and work  
**T = Talk** to your doctor about getting help

**1-800-QUIT**

## OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

**SHOW YOUR SUPPORT AND WEAR PINK!**

**WE WANT TO HONOR THE WOMEN, THE SURVIVORS, THE WARRIORS & ALL THE FAMILIES OF LIVES LOST ~ WE SUPPORT BREAST CANCER AWARENESS**

## The Benefits of Quinoa!

Quinoa is a seed unlike any other seed. It's a super food! This seed is largely gluten-free and is naturally gluten-free. Unlike wheat, quinoa does not contain gluten. It is also a complete protein, meaning it contains all nine essential amino acids. Quinoa is also a good source of fiber, iron, and magnesium.

**Quinoa Nutrition Facts (per cup, cooked):**

- Total fat: 15 percent protein
- Total daily value
- Total fat: 15 percent protein
- Total fat: 15 percent protein

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## April is Alcohol Awareness Month!

Drinking too much alcohol can lead to health problems, including alcohol poisoning, hangovers, and an increased risk of heart disease. This April, during Alcohol Awareness Month, One Source Advisors encourages you to take this time to educate yourself and your loved ones about the dangers of alcohol abuse. In Ohio alone, there have been 324 drunk driving deaths within the past year. To spread the word and prevent alcohol abuse, One Source Advisors is joining other organizations like yours across the country to honor Alcohol Awareness Month.

If you are drinking too much, you can improve your health by cutting back or quitting. Keep track of how much you drink, avoid places where overdrinking occurs, and find new ways to deal with stress. If you and your family are concerned about someone else's drinking, offer to help. Posted on the calendar are helpful links and resources that you can pass along. For more information, visit [xxxx](#).

### Fast Alcohol Facts

- An ounce of alcohol contains the amount of calories equivalent to those in a baked potato or a glass of milk.
- In the United States, beer ranks fourth in consumption of any kind of beverage behind soft drinks, milk, and coffee.
- Binge drinking is generally defined as the consumption of 5 or more drinks on 1 occasion.
- Although many drinkers speak of getting high, and initially experience alcohol as a stimulant, alcohol is actually a depressant.
- Each year, thousands of people choke on their own vomit while intoxicated.
- By the time students are in the eighth grade, 55 percent of students have at least tried alcoholic beverages.
- For health & wellness, drink alcohol in moderation: meaning no more than 1 drink/day for women; 2 drinks/day for men.
- Did you know...

### Get Involved

Take action to raise awareness.

- Partner with local organizations.
- Host an alcohol awareness event.
- On April 7, National Alcohol Awareness Day, discount or donate alcohol.
- Partner with local organizations to provide information to students.

## Chicken Soba Bowl

Recipe from Fitness Magazine

**Makes: 4 servings**  
**Prep time: 8 minutes**  
**Cook time: 12 minutes**

### Ingredients

- 1/2 cup soba (noodle)
- 1/2 cup orange, sliced and drained
- 1/2 cup soy sauce
- 1/2 cup sesame oil
- 1/2 cup soy sauce
- 1/2 cup soy sauce
- 1/2 cup soy sauce
- 1/2 cup soy sauce

### Directions

- In a large bowl, whisk together orange juice, lemon juice, soy sauce, sesame oil, sriracha, pepper, and chicken tenders.
- Add 2 large skewers of chicken and 2 large skewers of beef and bring to a simmer. Add chicken tenders and cook for 7 minutes or until chicken is cooked. Drain chicken and beef and add directly into bowl with dressing.
- Add 1/2 cup soba and 1/2 cup chicken tenders.
- Drain noodles and vegetables and add to bowl with chicken and dressing. Toss gently to combine. Garnish with basil if desired.

**Nutrition facts per serving:** 377 calories, 37g protein, 50g carbohydrate, 6g fat (1g saturated), 6g fiber

**Power Food**  
 Chicken is not just a low-calorie way to get your protein; it's a breast has more than three-quarters of your daily intake of vitamin B6 (niacin), which boosts levels of good (HDL) cholesterol. Chicken is also high in other B vitamins that allow your body to convert food into usable energy. And it's sources has sweeten half your daily dose of selenium, which helps keep blood sugar stable.

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# Health & Wellness Communication Calendar

*If you are interested in your own copy of our wellness calendar and information on our other health and wellness programs, please contact Kelcey Hoban at One Source Advisors, Inc. [kh@osadvise.com](mailto:kh@osadvise.com)*