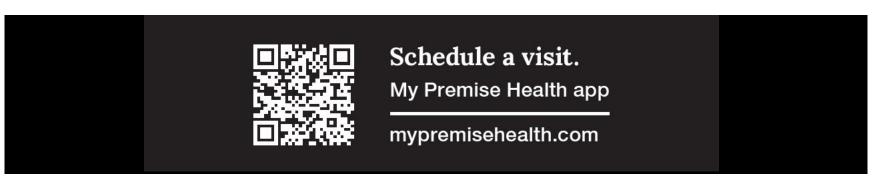
Monthly Wellness Campaigns

Each month you will receive an email with health and wellness information related to that topic. Each email will have actionable steps encouraging you to make behavioral changes to positively impact your overall health and wellness.

	JAN	FEB	MAR
Q1	Healthy weight* You're more than a number on the scale.	Heart health It's Heart Health Month. Give your heart the care that it needs.	Sleep Learn tips for better, more restful sleep each night.
	APR	MAY	JUN
Q2	Preventive care Keep your New Year's resolutions in action with simple healthy habits.	Depression/Anxiety* When you need support for your mental health, we're in your corner.	Primary care (acute) From sore throats to checkups, your primary care provider is here for you.
Q3	JUL	AUG	SEP
Q3	Member experience We don't treat symptoms. We treat you.	Move more Reset your health and fitness goals.	Healthy aging* Maintain physical, mental and social well-being as you grow older.
Q3	<u> -</u>		Maintain physical, mental and social

^{*}Break Room Webinar will have similar focus in this quarter.



City of Ocala Health Center

2100 NE 30th Ave., Ocala, FL 34470 Monday, Thursday 7 a.m. - 5 p.m. Tuesday, Wednesday 7 a.m. - 6 p.m. Friday 8 a.m. - 5 p.m. Closed daily 12 p.m. - 1 p.m. Lab hours daily 8 a.m. - 10 a.m. (352) 663-9156

