



# 2017 Calendar

**We want your feedback!**  
 E-mail us at:  
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**Homewood**  
 Health | Santé



**January**  
 Understanding Trauma and PTSD  
 – Condition Report

**February**  
 Healthy Relationships  
 – Healthy Lifestyles

**March**  
 Linking Exercise and Nutrition to a Healthy Mind  
 – Healthy Lifestyles  
 \*World Health Day

**April**  
 Six Steps to Reducing Work Stress  
 – Healthy Lifestyles

**May**  
 Mental Health of Teens and Youth  
 – Condition Report  
 \* National Youth and Child Mental Health Day

**June**  
 Resilience through Chronic Physical Conditions (Impact on Mental Health)  
 – Condition Report

**July**  
 Uncovering the Faces of Anxiety  
 – Condition Report

**August**  
 The Sobering Facts about Addiction  
 – Condition Report

**September**  
 Understanding Depression  
 – Condition Report  
 \*World Suicide Prevention Day

**October**  
 Mindfulness: Meditation and Everyday Practice  
 – Healthy Lifestyles

**November**  
 How taking care of your finances can dramatically reduce your stress level  
 – Healthy Lifestyles

**December**  
 10 Steps to Help Achieve Work / Life Balance  
 – Healthy Lifestyles

## Supplements 2017 – General Mental Health

**Q1**  
 The Dangers of Social Media on your Mental Health

**Q2**  
 Reducing Mental Health Stigma  
 \*National Mental Health Day

**Q3**  
 The importance of sleep on your physical and mental health

**Q4**  
 From kids to retirement: How to prepare mentally for the next stage of your life

\*National Themes or Officially Recognized Dates