









At New Mexico Health Connections (NMHC), we emphasize preventive health, primary care, and behavioral health. Use our monthly **Wellness Calendar** to learn more about a variety of preventive health and wellness topics from credible, current sources.

In addition, the **Staying Healthy** section of our website, [mynmhc.org/staying-healthy.aspx](http://mynmhc.org/staying-healthy.aspx), offers many health and wellness resources, such as:

- A Health Risk Assessment and Behavioral Health Assessment.
- Community, state, and national resources for wellness, behavioral health, and chronic conditions.
- Information on healthy pregnancy, delivery, and postpartum care.
- Preventive screening guidelines for men, women, teens, and children.
- A Topic of the Month, featuring tips from NMHC's own medical directors, health-related mobile apps, and links to more information.
- A.D.A.M., a comprehensive, authoritative, multimedia health encyclopedia.

| January   | February  | March    |
|--|---|---|
| <p><b><u>National Birth Defects Month</u></b><br/> <a href="#">Pregnancy care</a><br/> <a href="#">Folic acid prevents birth defects</a></p> | <p><b><u>National Eating Disorders Week</u></b><br/> <a href="#">Eating disorders</a><br/> <a href="#">Eating disorders - resources</a></p> | <p><b><u>National Kidney Awareness Month</u></b><br/> <a href="#">Diabetes and kidney disease</a><br/> <a href="#">Kidney disease - resources</a></p>               |
| April  | May   | June    |
| <p><b><u>National Autism Awareness Month</u></b><br/> <a href="#">Autism</a><br/> <a href="#">Autism spectrum disorder</a></p>               | <p><b><u>Mental Health Month</u></b><br/> <a href="#">Depression</a><br/> <a href="#">Bipolar disorder</a></p>                              | <p><b><u>Alzheimer's and Brain Awareness Month</u></b><br/> <a href="#">Alzheimer disease</a><br/> <a href="#">Head injury - first aid</a></p>                      |
| July    | August   | September   |
| <p><b><u>UV Safety Month</u></b><br/> <a href="#">Sun protection</a><br/> <a href="#">Sunburn</a></p>  | <p><b><u>National Immunization Awareness Month</u></b><br/> <a href="#">Immunizations</a><br/> <a href="#">Vaccines</a></p>                 | <p><b><u>Healthy Aging Month</u></b><br/> <a href="#">Exercise and age</a><br/> <a href="#">Aging: changes in immunity</a></p>                                      |
| October   | November  | December   |
| <p><b><u>National Breast Cancer Awareness Month</u></b><br/> <a href="#">Breast cancer</a><br/> <a href="#">Breast cancer screening</a></p>  | <p><b><u>Lung Cancer Awareness Month</u></b><br/> <a href="#">Lung cancer</a><br/> <a href="#">Lung disease</a></p>                         | <p><b><u>National Drunk and Drugged Driving Prevention Month</u></b><br/> <a href="#">Responsible drinking</a><br/> <a href="#">Health risks of alcohol use</a></p> |