2027 Working Well Calendar

Engage, educate, and empower your workforce with monthly well-being tips.

JANUARY	FEBRUARY	MARCH
		
Starting the New Year Strong	Heart Health	Colon Cancer Awareness
APRIL	**MAY**	**JUNE**
		
Health Literacy	Mental Wellbeing	Brain Health
JULY	**AUGUST**	**SEPTEMBER**
		
Stack Your Back	Healthy Eating	Aging Well
OCTOBER	**NOVEMBER**	**DECEMBER**
		
Women's Health	Diabetes	Social Connections

Each month, we're promoting a different health topic to complement your employee wellness program. We've developed a variety of resources to align with each topic, including monthly live Working Well webinars, challenges, on-demand learning opportunities, and more! For details, contact your CDPHP workplace health strategist or **email workplace_health_services@cdphp.com**.

Multi-language Interpreter Services
ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).
注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。

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