**Health & Wellness Spring Calendar 2010**

**JANUARY**
- Cervical Health Awareness Month
- Keep Healthy New Year’s Resolutions
- Lively Lungs Month
- Step Up to Slim Down — 19th
- Reality Check
- Cancer Support Group

**FEBRUARY**
- National Wear Red Day — 5th
- National Condom Day — 14th
- Stop Smoking Start Saving
- National Eating Disorders Awareness Week
- Alcohol and Your Health
- Cancer Support Group

**MARCH**
- Speaking Event (Beth Halloway) — 2nd
- Safe Spring Break
- American Diabetes Alert Day — 23rd
- National Nutrition Month
- STI Testing
- National Sleep Awareness Week
- Cancer Support Group

**APRIL**
- National Alcohol Screening Day — 8th
- Alcohol Awareness Month
- Relay For Life — 9th
- Every “Body” Knows
- Defensive Dinning
- Cancer Support Group

Health Education and Wellness 662.325.7549
Health Education and Wellness 662.325.2411
ACT Tobacco 662.325.8459
Campus Alcohol and Drug Education 662.325.5580
Sexual Health 662.325.7547
http://www.health.missstate.edu/health/index.htm