



ignites

MY PURPOSE
MY PHYSICAL HEALTH
MY FINANCES
MY COMMUNITY
MY SOCIAL RELATIONSHIPS

LET'S MAKE 2022
THE YEAR TO IGNITE
YOUR HEALTH
AND WELLNESS!

2022



WELLNESS WEDNESDAYS CALENDAR

- 01 / January** **EMOTIONAL WELLNESS & MINDFUL MOMENTS**
- 02 / February** **HEART STRONG - HABITS FOR A HEALTHY HEART**
- 03 / March** **BENEFITS OF A GOOD NIGHT'S SLEEP**
- 04 / April** **SMART MONEY MONTH**
- 05 / May** **HEALTH FAIRS / WOMEN'S HEALTH MONTH**
- 06 / June** **MEN'S HEALTH MONTH**
- 07 / July** **DIABETES PREVENTION & MANAGEMENT**
- 08 / August** **PHYSICAL FITNESS / BACK TO SCHOOL**
- 09 / September** **MUSCULOSKELETAL HEALTH**
- 10 / October** **OPEN ENROLLMENT**
- 11 / November** **CARING FOR THE CAREGIVER**
- 12 / December** **GIVING BACK**



CONNECT WITH THE
MYHEALTH CONNECTIONS
FACEBOOK COMMUNITY

SHARE AND DISCOVER TIPS TO LIVE A HEALTHIER LIFESTYLE
[HTTPS://WWW.FACEBOOK.COM/GROUPS/MYHEALTHCONNECTIONS/](https://www.facebook.com/groups/myhealthconnections/)
FOR MORE INFORMATION: EMAIL: [RISK.MGMT@COOKCOUNTYIL.GOV](mailto:risk.mgmt@cookcountyil.gov)



COOK
COUNTY
BENEFITS CONNECT