

# STUMPED?



Looking for an idea for a chapter program?

This year, instead of an Area Captain's Monthly Challenge we have chosen to offer you some suggestions for chapter programs based on the "National" Monthly Calendar Focus.

These are all topics that relate to our health and well-being.

You can choose to focus on the topic one meeting during the month of the entire month if you like.

I will be sending reminders in the newsletters each month along with some suggested topics, but have been asked to post the entire list to allow you time to plan ahead.

**We'd love to hear how your chapter incorporated these topics into your meetings.**

February	National Heart Month
March	National Nutrition Month
April	National Donate Life Month
May	National Stroke Awareness Month
June	National Safety Month
July	National UV Safety Month (Also, National Blueberry Month ☺)
August	National Immunization Awareness Month
September	National Food Safety Education Month
October	National Breast Cancer Awareness Month
November	National Diabetes Education Month
December	National Influenza Immunization Month