



## Aspen Family Medicine

# A Year of Wellness

Seeing your primary care physician regularly is the best way to improve your long-term health.

By being proactive, you help reduce your risks for health problems down the road.

**Aspen Family Medicine** is committed to providing quality medical care when you are ill. In addition, part of our commitment includes keeping you well.

This wellness calendar is a reminder for when to make appointments for flu shots, physicals, and variety of preventive screenings.

<b>January :</b>	Cervical Cancer Awareness and Thyroid Awareness Month
<b>February :</b>	Heart Health and National Prenatal Infection Prevention Month
<b>March :</b>	National Colorectal Cancer and Diabetes Alert Day
<b>April :</b>	National Youth Sports Safety and National Infant Immunizations Month
<b>May :</b>	American Stroke, Melanoma Detection, Asthma and Allergy Month
<b>June :</b>	National Men's Health week and Headache awareness week
<b>July :</b>	Juvenile Arthritis Awareness and UV Safety Month
<b>August :</b>	Spinal/Muscular Atrophy Awareness Month and Back to School Physicals
<b>September :</b>	World Heart Day / Ovarian and Prostate Cancer Awareness Month
<b>October :</b>	National Breast Cancer Awareness Month and Talk about Prescriptions Month
<b>November :</b>	American Diabetes Month and Lung Cancer awareness Month
<b>December :</b>	National Anemia Month, end- of- year Paid Deductibles reminder

To find more information about each one of these topic and MORE, please visit: <http://www.healthfinder.gov/nho/nho.asp>