January

Article: Set exercise goals for 2021 that work for you

Website: Quit vaping/smoking/tobacco resources

Infographic: Youth & Tobacco

February

American Heart Month
Wear Red Day - February 5, 2021

Article: Bad toothbrushing habits tied to higher heart risk

Website: Life's Simple 7

March

National Nutrition Month

Website: Eat Smart resources

Infographic: Sip Smarter

Infographic: Nutrition Facts Label

April

Move More Month

Videos: Physical fitness workout

Article: Move More Anytime Anywhere

Infographic: Make Every Move Count

May

American Stroke Month
Article: Gum disease, inflammation may be linked to stroke risk

National Mental Health Awareness Month
Website: Mental Health Awareness/ dealing with stress

June

National Oral Health Awareness Month
Website: Delta Dental Institute Insights

Pride Month
Website: Pride at Heart resources

National CPR & AED Awareness Week
June 1-7

July

Website: Social Determinants of Health

Article: Can social connection aid heart health in African American community?

Website: Explaining healthy life expectancy

August

Article: Poor oral health linked to higher blood pressure

Website: Hypertension Guideline Resources

Website: Understanding Blood Pressure Readings

September

World Gratitude Day - Sept. 21, 2021

Article: How gratitude can help your health

Infographic: Tips to lower stress

October

World Stroke Day - October 29, 2021

Article: Depression after stroke common among Black, Hispanic survivors

Website: How to spot a stroke/signs & symptoms

November

National Diabetes Month

Website: Diabetes resources

Article: Tips for managing holiday stress

Website: Caregiver Support Network

December

Website: COVID-19's impact on heart and brain health resources

Article: Looking for ways to protect against pandemic PTSD

Article: Tips & recipes for cold & flu season