

2017 HOPE Health Letter Monthly Themes

The HOPE Health Letter provides informative, engaging, and entertaining content for all areas of health and wellness — nutrition, movement, physical health, emotional/mental health, and financial health. The HOPE Health Letter brings together these different dimensions of health and wellness in 2017 through themes for each issue. Each month will include at least one article per section page dedicated to the month's theme.

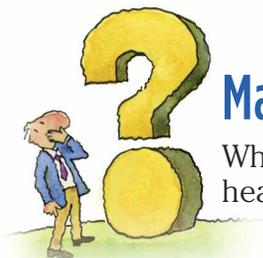


January — Take One Small Step

Making simple changes in your life can really add up.

February — Love Your Body

Develop habits in all areas of your life that show you care about your body.



March — Question Everything

What questions should you ask to really understand health in all areas of your life?

April — Get Organized

Spring clean your health and wellbeing efforts by arranging all areas of your life in ways that best work for you.



May — Make Community Connections

Where you live and work can significantly affect your overall wellbeing. Take time to discover the opportunities and relationships around you.

June — Have Fun

Taking care of your wellbeing can be a blast.
Enjoy healthy living in all areas of your life.



July — Set New Goals

Give yourself a mid-year checkup on how your life is going and identify things you may want to change or accomplish during the second half of 2017.

August — Make Wellbeing Natural

Create a life in which wellbeing becomes natural, so you don't even have to think about it.



September — Be Prepared

Always have what you need or a plan to make it easier to live healthy.

October — Learn the Lingo

Lack of health and financial literacy can make it difficult to understand important information that can and does have an impact on physical, mental, and financial wellbeing.



November — Give Care

More and more people are finding themselves in caregiving roles. To care for those you love means taking care of yourself at the same time – physically, emotionally, and financially.

December — Savor the Moments

In the hurry-scurry of life, it's easy to forget to slow down long enough to think about and appreciate your physical, emotional, and financial wellbeing.

