



You have the power to help others lead healthy lives—whether supporting someone who’s going through a difficult time, participating in activities that strengthen your community, or instilling healthy habits in your children from an early age. Together, we can achieve even more.

Speak up, join in, and
make a difference!

The Voice of One, the Power of All

Health Themes for 2015:

Monday, May 18

Prevention of Tobacco Use

Tuesday, May 19

Prevention of Underage Drinking & Alcohol Abuse

Wednesday, May 20

Prevention of Opioid & Prescription Drug Abuse

Thursday, May 21

Prevention of Illicit Drug Use & Youth Marijuana Use

Friday, May 22

Prevention of Suicide

Saturday, May 23

Promotion of Mental Health & Wellness