

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!

Strong as One. Stronger Together.

2016 Daily Health Themes

Monday, May 16

Prevention of Tobacco Use

Tuesday, May 17

Prevention of Underage Drinking & Alcohol Misuse

Wednesday, May 18

Prevention of Prescription & Opioid Drug Misuse

Thursday, May 19

Prevention of Illicit Drug Use & Youth Marijuana Use

Friday, May 20

Prevention of Suicide

Saturday, May 21

Promotion of Mental Health & Wellness