

2013

**Healthy Living—**  
*together we get better results™*

Calendar of Family Health Clinic and Wellness Center events

- Schedule your personal health profile (PHP)  
**January 2—September 30, 2013.**
- If your child will be entering seventh grade in the fall, visit the clinic for a Tdap vaccine, which is required for junior high school enrollment. Please note that the vaccine must be completed by the time the school year begins, or the student will be sent home.
- Flu vaccine season begins **October 1.**
- Mandatory TB testing runs **October 1—December 15.**
- Visit our ARUP Family Health Clinic website located at [www.aruplab.com/clinic](http://www.aruplab.com/clinic) and click on **Schedule Appointment.**

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			<div style="background-color: #e0f2f1; padding: 5px;">                     ■ Schedule PHPs from now until September 30.                 </div>			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
■ January 13–19 Healthy Weight Week						
	■ ARUP Health Fair					
20	21	22	23	24	25	26
						<div style="background-color: #e0f2f1; padding: 5px;">                     ■ ARUP Soldier Hollow Tubing                 </div>
27	28	29	30	31		

## Monthly Events

- > Cervical Health Awareness Month

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- > National Blood Donor Month

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■ ARUP events  
■ National events

# February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 ■ National Wear Red Day	2 ■ ARUP Soldier Hollow Tubing
3	4	5	6	7	8	9 ■ ARUP Soldier Hollow Tubing
10	11	12	13	14	15	16
17	18	19	20	21 ■ ARUP Ice Skating	22	23
24	25	26	27	28		

## Monthly Events

- > American Heart Month

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- > National Cancer Prevention Month

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■ ARUP events  
■ National events

# March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
■ March 4-31: ARUP Nutrition Challenge						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
		■ American Diabetes Alert Day	■ Kick Butts Day			
31						

## Monthly Events

> National Nutrition Month

■ ARUP events  
■ National events

# April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	4	6 ■ World Health Day
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	■ April 15-21: Medical Fitness Week					
21	22	23	24	25	26	27
28	29	30				

## Monthly Events

- > National Cancer Control Month

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- > Stress Awareness Month

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■ ARUP events  
■ National events

# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
■ May 6–June 16: ARUP Exercise Challenge						
12	13	14	15	16	17	18
■ Women's Health Week			■ Employee Health & Fitness Day			
■ May 13–17: Bike to Work Week						
19	20	21	22	23	24	25
26	27	28	29	30	31	1 June
			■ National Senior Health & Fitness Day			
2	3	4	5	6	7	8
■ Continue ARUP Exercise Challenge through June 16						

## Monthly Events

- > Asthma & Allergy Awareness Month

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- > Healthy Vision Month/UV Safety Month

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- > Hepatitis Awareness Month

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- > National Arthritis Month

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- > National High Blood Pressure Education Month

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- > National Melanoma/Skin Cancer Awareness Month

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- > National Mental Health Month

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- > National Osteoporosis Awareness & Prevention Month

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- > National Stroke Awareness Month

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■ ARUP events  
 ■ National events

# June



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
■ Continued: ARUP Exercise Challenge > May 6–June 16						■ June 1–7: >
2	3	4	5	6	7	8
■ National Cancer Survivors Day	■ June 1–7: National Headache Awareness Week					■ ARUP 5K
	9	10	11	12	13	
■ June 10–16: National Men’s Health Week						
					■ World Blood Donor Day	■ ARUP Golf Tournament
16	17	18	19	20	21	22
23	24	25	26	27	28	29
				■ National HIV Testing Day		
30						

## Monthly Events

- > National Great Outdoors Month

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- > National Safety Month

■ ARUP events  
 ■ National events

# July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13 ■ ARUP Family Hike
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Monthly Events

> UV Safety Month

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- ARUP events
- National events



# August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	■ August 5-9: National Health Center Week					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Monthly Events

- > National Immunization Awareness Month

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- > Children's Eye Health & Safety Month

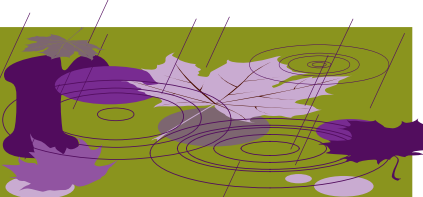
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- > ARUP Corporate Games

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■ ARUP events  
 ■ National events

# September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
■ September 9–October 6: ARUP Fruit & Vegetable Challenge						
15	16	17	18	19	20	21
■ [ARUP Event]						
22	23	24	25	26	27	28
■ [ARUP Event]						■ Family Health & Fitness Day
29	30	1 October	2	3	4	5
■ [ARUP Event]	■ Final day to schedule PHPs					
6	■ [ARUP Event]					

## Monthly Events

- > Fruit & Veggie Month

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- > Healthy Aging Month

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- > National Childhood Obesity Awareness Month

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- > National Cholesterol Education Awareness Month

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- > National Ovarian Cancer Awareness Month

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- > Prostate Health Month

■ ARUP events  
 ■ National events

# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
■ Continued: ARUP Fruit & Vegetable Challenge, September 9–October 6						
		<ul style="list-style-type: none"> <li>■ Flu vaccine season begins</li> <li>■ Child Health Day</li> </ul>				
6	7	8	9	10	11	12
■ October 6–12: National Mental Illness Awareness Week						
				<ul style="list-style-type: none"> <li>■ World Mental Health Day</li> </ul>		
13	14	15	16	17	18	19
					<ul style="list-style-type: none"> <li>■ National Mammography Day</li> </ul>	
20	21	22	23	24	25	26
<ul style="list-style-type: none"> <li>■ World's Osteoporosis Day</li> </ul>						
■ October 20–26: National Respiratory Care Week						
■ October 20–26: National Health Education Week						
27	28	29	30	31		
			<ul style="list-style-type: none"> <li>■ Lung Health Day</li> </ul>			

## Monthly Events

- > American Heart Walk

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- > Eat Better, Eat Together Month

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- > Healthy Lung Month

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- > Mandatory TB testing  
October 1 through  
December 15, 2013

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- > National Breast Cancer Awareness Month

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- > National Depression Screening Month

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- > Talk About Prescriptions Month

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■ ARUP events  
■ National events

# November

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					1	2
3	4	5	6	7	8	9
10	11	12	13	14 ■ World Diabetes Day	15	16
17	18	19	20	21 ■ Great American Smokeout	22	23
24	25	26	27	28	29	30
	■ November 25–January 7: ARUP Project ○					

## Monthly Events

- > American Diabetes Month

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- > Diabetic Eye Disease Month

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- > Flu shots

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- > Mandatory TB testing  
October 1 through  
December 15, 2013

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- > National Child Mental Health Month

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- > Pancreatic Cancer Awareness Month

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- > ARUP Holiday Promotion

■ ARUP events  
■ National events

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
■ Continued: ARUP Project ◦ November 25–January 7						
■ December 1–7: National Influenza Vaccination Week						
■ December 1–7: National Hand Washing Awareness Week						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1 January	2	3	4
5	6	7				

## Monthly Events

- > Flu shots

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- > International Aids Awareness Month

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- > Mandatory TB testing  
October 1 through  
December 15, 2013

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- > ARUP Holiday Promotion

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■ ARUP events  
■ National events



*A nonprofit enterprise of the University of  
Utah and its Department of Pathology*

**[www.aruplab.com](http://www.aruplab.com)**

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