



2021
LIVE
INSPIRED
CALENDAR

Healthy Perceptions

Progress not perfection

Healthy Boundaries

Setting healthy limits and boundaries are connected to continually loving and valuing one's self. We can't help everyone, so here are a few ways to say no with grace when you need to:

- 1. Rehearse saying no.** "That doesn't work for me this time", is a simple way to say no when we are not up to doing favors.
- 2. Be honest, but it's okay to be vague.** "I already have a commitment that week" may be telling the truth without sharing all the details of being already stretched too thin.
- 3. Focus on the good** that will come from saying no, rather than the guilt. Then turn your attention and time to your needs and priorities. They are connected to changing your beliefs about what you deserve. Set the limits you need in your life at your own pace.

SELF-CARE

Personal boundaries are flexible and you should decide what is and isn't acceptable.

CHALLENGE: PRACTICE SAYING "NO" TO THINGS GRACEFULLY WHEN YOU DON'T WANT TO DO SOMETHING.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>December 2020</p> <p>S M T W TH F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	<p>February 2021</p> <p>S M T W TH F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28</p>	 <p>SLOW COOKER PEA SOUP</p> <p>1 package 16 oz. dried split peas • 2 cups cooked ham, cubed 2 garlic cloves, minced • 2 bay leaves • ½ tsp. salt • ½ tsp. pepper 5 cups boiling water • 1 cup whole milk</p> <p>In a slow cooker layer all the ingredients except milk, do not stir. Cover and cook on high for 4-5 hours. Stir in milk. Discard bay leaves before serving.</p>			<p>1</p> <input type="checkbox"/> <p>New Year's Day</p>	<p>2</p> <input type="checkbox"/>
<p>3</p> <input type="checkbox"/>	<p>4</p> <input type="checkbox"/>	<p>5</p> <input type="checkbox"/>	<p>6</p> <input type="checkbox"/>	<p>7</p> <input type="checkbox"/>	<p>8</p> <input type="checkbox"/>	<p>9</p> <input type="checkbox"/>
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<p>17</p> <input type="checkbox"/>	<p>18</p> <input type="checkbox"/> <p>Martin Luther King Jr. Day</p>	<p>19</p> <input type="checkbox"/>	<p>20</p> <input type="checkbox"/>	<p>21</p> <input type="checkbox"/>	<p>22</p> <input type="checkbox"/>	<p>23</p> <input type="checkbox"/>
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<p>31</p> <input type="checkbox"/>	<p>Use this space to write in your health goals for the new year:</p> <hr/> <hr/> <hr/>					

Don't wait for a better time



Hiding in Plain Sight

High Blood Pressure or hypertension has no obvious symptoms. To protect yourself:

- Get your blood pressure checked.
- If you're diagnosed with high blood pressure, monitor it regularly.
- Eat a well-balanced diet, low in salt.
- Limit alcohol and don't smoke.
- Manage stress.
- Enjoy regular physical activity.

SELF-CARE

Light a candle or use essential oils to elevate moods.



CHALLENGE: AIM TO REDUCE YOUR SALT INTAKE TO 1500 MG/DAY.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

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January 2021
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1 <input type="checkbox"/> National Freedom Day	2 <input type="checkbox"/> Groundhog Day	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/> National Wear Red Day	6 <input type="checkbox"/>
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7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/> Chinese New Year	13 <input type="checkbox"/>
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14 <input type="checkbox"/> Valentine's Day	15 <input type="checkbox"/> President's Day Washington's Birthday	16 <input type="checkbox"/>	17 <input type="checkbox"/> Ash Wednesday Random Acts of Kindness Day	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>
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21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/> Purim Begins	26 <input type="checkbox"/> Purim Ends	27 <input type="checkbox"/>
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28 <input type="checkbox"/>	 <p>RED BEANS AND RICE 1 cup uncooked rice • 2 tsp. extra virgin olive oil • 4 cloves of garlic • 15 oz. can kidney beans ½ tsp. salt-free Cajun seasoning • ¼ tsp. black pepper • ½ small sliced onion • 4 scallions Cook rice and set aside. Heat oil in a skillet over medium heat, add onions and garlic until soft. Add beans, seasoning and pepper. Cook until heated 3-5 minutes, then add rice to bean mixture.</p>				<p>March 2021 S M T W TH F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>
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FEBRUARY 2021

Good food is good mood



MARCH

Food Good Enough To Eat

If mealtime feels like combat with kids, getting them to eat more than chicken nuggets and pizza, consider these strategies to prevent mealtime negotiations:

Set a good example. If you eat a variety of healthy foods, children are more likely to eat what is prepared.

Stick to a routine. Serve meals and snacks around the same times daily.

Be patient with new foods. Serve new foods along with favorite foods.

Make kids part of the process. At the grocery store, let kids help choose fruits and vegetables. At home, encourage them to help wash the veggies or stir food in the pan, with supervision.

SELF-CARE

If your child rejects a meal, encourage them to stay at the table for the rest of the mealtime.

CHALLENGE: BUILD A BALANCED FOOD PLATE BY FILLING HALF WITH VEGETABLES.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

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Employee Appreciation Day

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World Kidney Day

Red Nose Day

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Daylight Savings Time

St. Patrick's Day

First Day of Spring
 International Day of Happiness

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World Water Day

Diabetes Alert Day

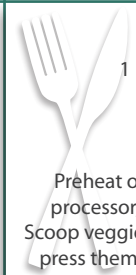
Passover Begins

28

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31



BROCCOLI NUGGETS

- 1 head of broccoli florets finely chopped
- 1 cup Italian breadcrumbs • 3 eggs
- 1 cup shredded cheddar cheese
- ½ tsp. garlic powder • ¼ tsp. salt

Preheat oven to 375°F. Combine in a large bowl or food processor, broccoli, eggs, breadcrumbs, and seasonings. Scoop veggie nuggets into parchment lined baking sheet and press them down. Bake 20-25 minutes until golden brown.

April 2021
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MARCH 2021

Good friends make a great blend

Letting Go of Stress

It's a well known fact that many people react to stress with alcohol. What is less well known is that alcohol exacerbates stress. Practice coping strategies that don't involve drinking such as:

1. **Accept that change is a part of living and helps you focus on what you can control.**
2. **Keep things in perspective.** Being hopeful and optimistic enables you to expect that good things will happen in your life that can affect outcomes.
3. **Seek social support from a friend, family member, co-worker, organized group or counselor.**
4. **Practice self-care and engage in activities that you enjoy to take care of your mind and body.**

SELF-CARE

Make time for friends and family. Follow your interests and lend a hand to others when able.



CHALLENGE: GO ALCOHOL FREE FOR THE MONTH.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

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March 2021

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MOCK MARGARITA

2 (6oz.) cans frozen limeade concentrate • ¾ cup orange juice
⅔ cup grapefruit juice • 4 cups ice cubes • lime slices

In a blender combine limeade and both juices. Cover and blend all ingredients reserving lime slices until slushy. Pour into glasses and garnish with lime slice.

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April Fool's Day

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Good Friday
Autism Awareness

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Easter
Passover Ends

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National Walking Day

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National Dog Rescue Day

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Ramadan Begins

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Tax Day

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Earth Day

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World Safety

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May 2021

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*Don't forget to
have a good time*

Every Move You Make

Every step you take, pedal you push or stroke you swim enhances your entire well-being. The physical activities that you do to improve your body, also help you to think, feel and sleep better.

- Go for a walk to improve blood flow to the brain and to think more clearly.
- Bike ride to get your heart pumping and reduce inflammation.
- Swim laps to lower your levels of stress hormone.



CHALLENGE: AIM FOR 30 MINUTES OF PHYSICAL ACTIVITY EACH DAY.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

SELF-CARE

**Move your body to
function and feel your best.**



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June 2021

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TAKE IT ON THE TRAIL MIX

2 cups crunchy high protein cereal • ¼ cup dried, sweetened cranberries
 ½ cup chopped walnuts • ½ cup whole almonds • 1 tsp. grated orange zest

Combine all ingredients in a resealable plastic bag.
 Seal and shake until well blended.

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World Laughter

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Cinco De Mayo

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Mother's Day

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Armed Forces Day

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Memorial Day
 World No Tobacco Day

The best things in life are free



Safe and Fun

Summer safety tips that can be no sweat to follow:

Don't let bugs take a bite out of warm weather fun.

- Use insect repellent.
- Remove standing water.
- Wear protective clothing.

Don't get heated.

- Drink water to stay hydrated.
- Wear lightweight, light-colored and loose fitting clothing.
- Never leave children or pets unattended in the car, especially in the heat.

Let the sun shine.

- Apply "broad-spectrum" sunscreen every day with an SPF of 30 or higher and reapply if sweating or swimming.
- Wear sunglasses with UV protection and a hat.
- Avoid direct rays from 10am to 2pm.

SELF-CARE

Create wonderful memories that can last a lifetime.

CHALLENGE: STAY SUNBURN FREE.

Use the box in the daily grid below to mark an "X" if you met your daily goal.



Sun Mon Tue Wed Thu Fri Sat

May 2021
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July 2021
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Global Running Day

Bicycle Day

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National Best Friends Day

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World Blood Donor Day
 Flag Day

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Father's Day
 First Day of Summer

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FROZEN YOGURT POPS

- 16 oz. frozen, sliced peaches
- 1 cup fat-free Greek yogurt
- 1 tbsp. honey

Add 1½ cups thawed peaches, yogurt and honey into a blender until turns into a puree. Chop remaining peaches and add to a bowl with the puree. Divide mixture into popsicle molds and freeze.

JUNE 2021

Make ideas happen



Grill and Chill

Summer is synonymous with grilling, and most foods are made better by an open fire. Here are a few essential methods to whip up healthy and flavorful recipes on the grill, all summer long.

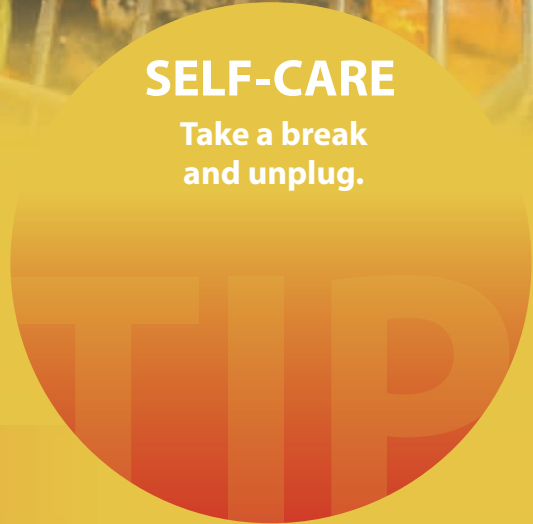
Foil Packs: Lay a large sheet of heavy-duty foil on a flat surface. Put ingredients in the center of foil. Bring the ends of foil together to fold the sides to seal. *Try:* Fish, shell-fish, vegetables, rice, potatoes, olive oil, seasoning blends.

Marinade: Use the formula: (1) 1 part acid + (2) parts oil + (3) seasonings. Combine then add meats and/or vegetables and refrigerate. *Acid:* citrus juices, wine or vinegar. *Oil:* extra virgin olive. *Seasoning:* fresh and dried herbs, spices, garlic, onions, hot pepper flakes.

Kabobs: If using bamboo or wooden skewers soak your sticks in water for 30 minutes before grilling. Cut your ingredients to the same size so everything cooks at the same rate. *Try:* Meats, vegetables and fruits.

SELF-CARE

Take a break and unplug.



CHALLENGE: DRINK AT LEAST 8 GLASSES OF WATER PER DAY.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

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June 2021

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August 2021

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GRILLED PORTOBELLO MUSHROOMS

5 whole Portobello mushrooms • 1 tbsp. Olive oil
 1 tbsp. balsamic vinegar • Salt and pepper
 1 tsp. minced garlic

Place mushrooms and ingredients in a container and marinate in refrigerator for up to 2 hours.
 Preheat grill to high and grill mushrooms 5 minutes on each side.

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Independence Day

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Everyday
is your
second chance

Treat Yourself Well

It takes a firm commitment to make our own well-being a priority. We owe it to ourselves to find the love, care, and attention we need and deserve. The physical body requires rest, exercise, a nutritious diet and appropriate medical care. Practice self-care actions such as:

- Spending time outdoors.
- Eating more fruits and vegetables.
- Listening to music.
- Daily physical activity.
- Getting 7-8 hours of sleep.

SELF-CARE


Even a few mindful moments alone can quiet your mind and help relieve stress.



CHALLENGE: SCHEDULE SELF-CARE TIME FOR YOURSELF EVERY DAY.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

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29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	 <p>WHITE BEAN AND TOMATO BRUSCHETTA SALAD 2 small tomatoes, diced • 1 clove garlic, minced 1 green onion, chopped • 8 oz. canned white beans 2 tbsp. fresh basil • 1 tbsp. balsamic vinegar 2 tsp. extra virgin olive oil • 4 cups mixed greens ¼ cup part-skim shredded mozzarella Combine all ingredients except salad greens and marinate 5-10 minutes. Toss with salad greens.</p>			<p>July 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>		S	M	T	W	TH	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>September 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>		S	M	T	W	TH	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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Friendship Day

AUGUST 2021

Have a sweet day!



Fruits and Vegetables For Every Meal

BREAKFAST

- slice bananas or berries into cereal.
- add vegetables such as peppers, spinach and mushrooms to eggs.

LUNCH

- top sandwiches with cucumber, sprouts, tomato or avocado.
- have a piece of fruit or cut veggies.

DINNER

- add a side of steamed or microwaved vegetables.
- have a side salad.

SELF-CARE

Keep raw veggie sticks handy for snacks.



CHALLENGE: EAT A VARIETY OF COLORFUL FRUITS AND VEGETABLES.
Use the box in the daily grid below to mark an "X" if you met your daily goal.

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APRICOT SALSA

1½ cups chopped apricots • 1 cup chopped cucumber
2 tbsp. chopped red onion • 2 tbsp. lime juice
1 tsp. olive oil • 1 tbsp. chopped cilantro

Combine all ingredients in a bowl,
stir gently and chill before serving.

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Labor Day

Rosh Hashanah

Suicide Prevention Day

Patriot Day

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Grandparents Day

Yom Kippur

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First Day of Fall

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Voter Registration

National Family Health
and Fitness Day

August 2021

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October 2021

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Wash your paws

Life Is Better With Clean Hands

Handwashing is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs. Wash your hands the right way:

Wet your hands with clean running water and apply soap.

Lather by rubbing hands together with soap, between your fingers, under nails and back of hands.

Scrub for at least 20 seconds.

Rinse under clean running water.

Dry using a clean towel or air.

SELF-CARE

If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

X CHALLENGE: WASH HANDS AFTER USING THE BATHROOM, COUGHING, SNEEZING OR BLOWING YOUR NOSE AND BEFORE EATING OR PREPPING FOOD.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>September 2020</p> <p>S M T W TH F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p>	<p>November 2021</p> <p>S M T W TH F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	 <p>BANANA PANCAKES</p> <p>1 banana mashed • ¼ cup canned pumpkin 1 egg • 3 tbsp. all-purpose flour • ½ tsp. vanilla extract</p> <p>Beat together banana, pumpkin, flour, egg and vanilla in a bowl until smooth. Heat a lightly oiled pan over medium heat. Drop batter by small spoonfuls and cook until bubbles form, flip and cook other side 1-2 minutes.</p>		<p>1</p> <input type="checkbox"/> <p>World Vegetarian Day National Smile Day</p>	<p>2</p> <input type="checkbox"/>	
<p>3</p> <input type="checkbox"/>	<p>4</p> <input type="checkbox"/> <p>Child Health Day</p>	<p>5</p> <input type="checkbox"/>	<p>6</p> <input type="checkbox"/>	<p>7</p> <input type="checkbox"/>	<p>8</p> <input type="checkbox"/>	<p>9</p> <input type="checkbox"/>
<p>10</p> <input type="checkbox"/> <p>World Mental Health Day</p>	<p>11</p> <input type="checkbox"/> <p>Columbus Day</p>	<p>12</p> <input type="checkbox"/>	<p>13</p> <input type="checkbox"/>	<p>14</p> <input type="checkbox"/>	<p>15</p> <input type="checkbox"/> <p>Global Handwashing Day</p>	<p>16</p> <input type="checkbox"/>
<p>17</p> <input type="checkbox"/>	<p>18</p> <input type="checkbox"/>	<p>19</p> <input type="checkbox"/>	<p>20</p> <input type="checkbox"/>	<p>21</p> <input type="checkbox"/>	<p>22</p> <input type="checkbox"/>	<p>23</p> <input type="checkbox"/>
<p>24</p> <input type="checkbox"/>	<p>25</p> <input type="checkbox"/>	<p>26</p> <input type="checkbox"/>	<p>27</p> <input type="checkbox"/>	<p>28</p> <input type="checkbox"/>	<p>29</p> <input type="checkbox"/> <p>World Stroke Day</p>	<p>30</p> <input type="checkbox"/>
<p>31</p> <input type="checkbox"/> <p>Halloween</p>						

Go with the Flow

Outside Your Comfort Zone

New experiences can reinvigorate your life with energy and excitement. **10 ideas for new experiences:**

1. Learn a phrase in a new language.
2. Listen to a song in a genre of music you haven't tried before.
3. Try a new food or type of cuisine.
4. Say hello to a neighbor or co-worker that you don't usually talk to.
5. Try painting or pottery.
6. Go to bed an hour earlier.
7. Take a new route to work.
8. Learn a new musical instrument.
9. Go to a concert.
10. Turn off your phone or devices for a period of time.

SELF-CARE

Opportunities to do things differently can help you to overcome fear, stimulate creativity and learn more about self.

X CHALLENGE: GO BEYOND YOUR COMFORT ZONE WITH THE PURPOSE OF TRYING NEW THINGS OR ENGAGING IN A UNIQUE EXPERIENCE.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun Mon Tue Wed Thu Fri Sat

October 2021
 S M T W TH F S
 1 2
 3 4 5 6 7 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 2 3 4 5 6

7 8 9 10 11 12 13

Daylight Savings Time Ends

Veterans Day

World Kindness Day

14 15 16 17 18 19 20

World Diabetes Day

National Take A Hike Day

Great American Smokeout

21 22 23 24 25 26 27

Thanksgiving Day

Black Friday

28 29 30

Chanukah



RAINBOW SWISS CHARD

2 tbsp. olive oil • 1 medium red onion halved and sliced
 ¼ cup chicken broth • 3 garlic cloves, sliced • 2 tbsp. lemon juice
 2 bunches rainbow Swiss chard, chopped • salt and pepper

Heat a pot over medium heat. Add onion, cook until tender, add garlic and cook until soft. Add broth and chard, cook 5-6 minutes until tender. Remove from heat and stir in lemon juice, salt and pepper to taste.

December 2021
 S M T W TH F S
 1 2 3 4
 5 6 7 8 9 10 11
 12 13 14 15 16 17 18
 19 20 21 22 23 24 25
 26 27 28 29 30 31

NOVEMBER 2021

Let life surprise you



Spiritual Nourishment

Take time every day to find spiritual inspiration whether through meditation, a quiet walk in the woods, artistic expression or journaling. Positive changes can result when we:

- Learn to let go of things that are upsetting and beyond our control.
- Be more open to guidance. Accept help from other trusted sources by releasing the need to control.
- Cultivate a positive attitude by turning over painful or frustrating feelings to something outside of oneself that inspires us to live better.



CHALLENGE: SET ASIDE TIME EVERY DAY FOR SPIRITUAL EXERCISE.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

SELF-CARE

Have the compassion to be kind to yourself and the courage not to be perfect.



Sun

Mon

Tue

Wed

Thu

Fri

Sat

November 2021

S	M	T	W	TH	F	S
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28	29	30				



MINI STUFFED PEPPERS

16 miniature sweet peppers,
halved lengthwise
12 oz. herb seasoned goat cheese
1 tbsp. honey

Preheat oven to 400°F. Lay peppers cut side up on a baking sheet. Spoon the cheese into the center of each. Lightly drizzle with honey and bake for 10 minutes.

1

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4

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International Volunteer Day

6

7

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19

20

21

First Day of Winter

22

23

24

Christmas Eve

25

Christmas

26

Kwanzaa

27

28

29

30

31

New Year's Eve

January 2022

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30	31					

DECEMBER.2021

Observance: Safe Toys and Gifts

Healthy Perception Practices

Open your mind to a world of infinite possibilities. Your happiness is a direct reflection of how quickly you can shift your fears to joy.

List 3 things you are grateful for:

1. _____
2. _____
3. _____

Discover your purpose:

1. What 3 core values matter to you most?

2. What do you love to do?

3. What goals in your life matter most?

Your thoughts become your reality.
Write what you want to see in your life?

What would you like to be rid of in your life?

Create a perceptual shift.
Think about a situation, person or belief that causes you fear.
Now reinterpret the situation/belief into a positive:



AT A GLANCE

JANUARY 2022

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FEBRUARY 2022

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MARCH 2022

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APRIL 2022

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MAY 2022

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JUNE 2022

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JULY 2022

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31						

AUGUST 2022

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SEPTEMBER 2022

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OCTOBER 2022

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23	24	25	26	27	28	29
30	31					

NOVEMBER 2022

S	M	T	W	TH	F	S
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DECEMBER 2022

S	M	T	W	TH	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Web Resources

- Alzheimer's Association:..... alz.org
- American Academy of Dermatology: aad.org
- American Cancer Society:..... cancer.org
- American Dental Association: ada.org
- American Diabetes Association: diabetes.org
- American Council on Exercise: acefitness.org
- American Heart Association:..... heart.org
- American Liver Foundation:..... liverfoundation.org
- American Lung Association:..... lung.org
- American Red Cross:..... redcross.org
- Arthritis Foundation: arthritis.org
- Asthma & Allergy Foundation:..... aafa.org
- CDC National STI Hotline: cdc.gov
- National Cancer Institute..... cancer.gov
- National STD & AIDS Hotline: npin.cdc.gov
- National Child Abuse Hotline:..... childhelp.org
- National Council on Alcoholism:..... ncadd.org
- National Headache Foundation: headaches.org
- The National Institute of Mental Health:..... nimh.nih.gov
- National Osteoporosis Foundation: nof.org
- National Stroke Association: stroke.org
- Prevent Blindness America:..... preventblindness.org

