

COMMIT TO *PREVENTION*

OCTOBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| 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 | | | | |

Prevention is the best medicine. Commit to at least three activities from the list below.

- Get a flu shot
- Schedule your next dentist appointment
- Schedule your next eye appointment
- Do a self-exam (skin, breast, or testicular)
- Wear sunscreen

