

May 2009

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---------------------------|--|---|--------|---|
| 1-31 American Stroke and High Blood Pressure Education Month 1-31 Asthma and Allergy Awareness Month 1-31 Melanoma/Skin Cancer Detection and Prevention Month 1-31 Older Americans Month | | | | | 1 | 2 |
| 3 | 4 Melanoma Day | 5 Cinco de Mayo | 6 <i>Have your blood pressure checked on a regular basis.</i> | 7 | 8 | 9 |
| 10 Mother's Day 10-16 Food & Allergy Awareness Week | 11 National Women's Check-up Day | 12 | 13 | 14 <i>Don't forget to wear water resistant sunscreen at all times.</i> | 15 | 16 Armed Forces Day |
| 17 <i>Help prevent Asthma or allergies by removing dust in your home.</i> | 18 Look for your April Explanation of Benefits in the mail. | 19 | 20 | 21 | 22 | 23 <i>Perform full-body self exams to check for spots.</i> |
| 24/31 24-30 Older American's Mental Health Week | 25 Memorial Day | 26 | 27 | 28 <i>Check with your doctor to see if generics are good for you.</i> | 29 | 30 |