

March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>To keep your cholesterol under control, eat foods low in cholesterol and saturated fat.</i>	2	3	4 Eat a low-fat, nutritious diet to reduce your risk of breast cancer.	5	6
7	8	9	10 <i>Have you checked with your doctor to see if generics are good for you?</i>	11	12	13 Reduce risk of high blood pressure, stroke, and heart disease by lowering your salt intake
14 Day Light Savings Time Begins	15 Brain Awareness Week	16	17 	18	19	20 First Day of Spring
21	22 Look for your February Explanation of Benefits in the mail.	23	24	25	26 <i>Eat 2-3 servings of fruit and vegetables daily.</i>	27
28	29	30 <i>Better food habits can help you reduce your risk for heart attack.</i>	31	1-31 National Colorectal Cancer Awareness Month 1-31 Save Your Vision Month 1-31 National Nutrition Month		