



# Schedule of Events 2012

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Podcast		Webinar	Lead Article, Awareness Days & Charities
	1st	15th	
January*	Building Healthy Habits for a Lifetime <i>(Alliance for a Healthier Generation)</i>	Starting a Family: Pre-Pregnancy Stage <i>(March of Dimes Foundation, Endometriosis Association, Mental Health America)</i>	Eating for a Healthy Lifestyle <i>(Alliance for a Healthier Generation)</i>  <b>Lead Article:</b> Setting a Goal to Improve Your Lifestyle <b>Awareness Days:</b> Cervical Health Awareness Month, National Birth Defects Prevention Month, National Glaucoma Awareness Month, National Radon Action Month <b>Charities:</b> March of Dimes Foundation, American Lung Association, Prevent Blindness America
February	Starting a Family: Tips for During Pregnancy <i>(March of Dimes Foundation, Endometriosis Association, Mental Health America)</i>	Starting a Family: What to Expect After Pregnancy <i>(March of Dimes Foundation, Endometriosis Association, Mental Health America)</i>	Smoking Cessation <i>(American Lung Association)</i>  <b>Lead Article:</b> Heart Health & Becoming a Donor <b>Awareness Days:</b> AMD/Low Vision Awareness Month, American Heart Month, Congenital Heart Defect Awareness Week <b>Charities:</b> Children's Heart Foundation, Prevent Blindness America, Research to Prevent Blindness
March	Exercise Habits for Every Age <i>(Alliance for a Healthier Generation, Arthritis Foundation &amp; City of Hope)</i>	Spotlight on Endometriosis Association	Doing Good for Your Body & for Charity <i>(Leukemia &amp; Lymphoma Society - Team in Training)</i>  <b>Lead Article:</b> Doing Good for Your Body & for Charity <b>Awareness Days:</b> National Colorectal Cancer Awareness Month, National Endometriosis Month, Workplace Eye Wellness Month, World Kidney Day, American Diabetes Alert Day, Multiple Sclerosis Awareness Week, World Tuberculosis Awareness Day <b>Charities:</b> American Diabetes Association, National Multiple Sclerosis Society, National Kidney Foundation, American Lung Association, Colon Cancer Alliance, Endometriosis Association
April	Psoriasis: What You Need to Know <i>(National Psoriasis Foundation)</i>	Spotlight on Easter Seals	Autism: Learning What It Is & When to Get Help <i>(Autism Speaks)</i>  <b>Lead Article:</b> Tis the Season - Asthma & Allergies <b>Awareness Days:</b> World Autism Awareness Day, Parkinson's Disease Awareness Month, Women's Eye Health and Safety Month, Alcohol Awareness Month, World Hemophilia Day <b>Charities:</b> Autism Speaks, National Kidney Foundation, American Kidney Fund, American Parkinson Disease Association, Prevent Blindness America, National Hemophilia Foundation, National Parkinson Foundation, Parkinson's Disease Foundation, National Council on Alcohol & Drug Dependence

Podcast		Webinar	Lead Article, Awareness Days & Charities
	1st	15th	
May*	Getting to Know Caregivers and Their Support Network (CaringBridge, Easter Seals, National Multiple Sclerosis Society)	Preparing for Retirement: The Emotional Transition (AARP, CMS & Mental Health America)	Becoming a Caregiver to Your Parents (Mental Health America)
			<b>Lead Article:</b> Successful Senior Living <b>Awareness Days:</b> ALS Awareness Month, Arthritis Awareness Month, Asthma & Allergy Awareness Month, Healthy Vision Month, Hepatitis Awareness Month, Lupus Awareness Month, Mental Health Awareness Month, National Alcohol & Drug-Related Birth Defects Week (8 <sup>th</sup> -14 <sup>th</sup> ), National Employee Health & Fitness Month, Cystic Fibrosis Awareness Month, National Neurofibromatosis Month, Skin Cancer Detection & Prevention Month, Stroke Awareness Month, Huntington's Disease Awareness Month <b>Charities:</b> ALS Association, Community Health Charities, Mental Health America, National Alliance on Mental Illness, National Stroke Association, American Lung Association, Lupus Foundation of America, Arthritis Foundation, Cystic Fibrosis Foundation, American Liver Foundation, Children's Tumor Foundation, National Council on Alcohol & Drug Dependence, Prevent Blindness America, Huntington's Disease Society of America
July/June	Spotlight on AARP	Spotlight on Centers for Medicare & Medicaid Services	n/a
	Staying Off the Sidelines with Arthritis (Arthritis Foundation)	Staying Active in Your Senior Years (Gold's Gym)	
August	What Parents Can Say: Tips for Speaking with Your Child about a Healthy Lifestyle (Alliance for a Healthier Generation)	Mental Health Accommodations in the Workplace (Mental Health America, Society for Human Resource Management)	How to Talk to Your Kids About Bullying & Peer Pressure (Mental Health America)
September	Why a Healthy Weight is Important (Alliance for a Healthier Generation, Arthritis Foundation, City of Hope)	Spotlight on City of Hope	How to Get Help? A Focus on Alcohol and Drug Addiction (National Council on Alcohol & Drug Dependence)
October*	Supervisor Tips for Understanding the Stigma of Mental Illness (Mental Health America, Society for Human Resource Management)	Developing New Therapies and Finding Cures (Be The Match, Pancreatic Cancer Action Network)	How to Talk to Your Kids about Smoking and Tobacco Products (American Lung Association)
December/November	Spotlight on Pancreatic Cancer Action Network	Eating Tips for Disease Prevention (Alliance for a Healthier Generation, Arthritis Foundation, City of Hope)	Healthy Eating Through the Holidays November 2012 (American Diabetes Association)
	Understanding HIV/AIDS (American Foundation for AIDS Research - amfAR)	Spotlight on CaringBridge	
			<b>Lead Article:</b> Honoring Our Veterans <b>November Awareness Days:</b> American Diabetes Month, Lung Cancer Awareness Month, National Family Caregivers Month, National Hospice Palliative Care Month, National Prematurity Awareness Month, National Epilepsy Month, Pancreatic Cancer Awareness Month <b>Charities:</b> American Lung Association, Epilepsy Foundation of America, March of Dimes Foundation, American Diabetes Association, Juvenile Diabetes Research Foundation, ALS Association, National Hospice and Palliative Care Organization <b>December Awareness Days:</b> World AIDS Day-1 <sup>st</sup> , Safe Toys/Gifts Month <b>Charities:</b> American Foundation for AIDS Research (amfAR), Prevent Blindness America