


April 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-30 Foot Health Awareness Month			1	2	3	4
1-30 Irritable Bowel Syndrome Awareness Month						
1-30 Women's eye Health and Safety Month						
5	6 <i>Have your blood pressure checked on a regular basis.</i>	7 World Health Day	8	9 The first step to healthy feet is good hygiene. Make sure your feet are clean & cut your nails will help to keep them in good condition.	10	11
12 Easter Sunday	13	14 The risk of cataracts can be lowered by eating 3½ servings of fruits or vegetables a day.	15	16	17	18 As many as 20 percent of the adult population, or one in five Americans, have symptoms of IBS.
19	20 Look for your March Explanation of Benefits in the mail.	21	22 	23	24	25
26 The colon absorbs water, nutrients, & salts from the partially digested food that enters from the small intestine.	27	28 Did you know that smoking can increase the risk for eye disease?	29	30 <i>Check with your doctor to see if generics are good for you.</i>		