

# Health Promotion

## Public Health

### Monthly Health Themes April 2009 – March 2010

MONTH	THEME
April 2009	Mental Health
May 2009	Physical Activity - Walking
June 2009	Older People – Falls Awareness
July / August 2009	Sun Facts – Skin Cancer
September 2009	Healthy Eating
October 2009	Flu Awareness
November 2009	Alcohol Awareness
December 2009	Sexual Health – S.T.I.s or HIV/AIDS
January 2010	Obesity – Why Weight Matters <small>(Adults &amp; Children)</small>
February 2010	COPD – Chronic Obstructive Pulmonary Diseases
March 2010	No Smoking