

**DO** ★  
**YOUR**  
**BEST**  
in **SEPTEMBER**  
*And All Year Long!*

Caring Color  
AWARD GOLD

Health Focus  
NUTRITION

**BE**  
*Patient*  
and  
**Listen**  
in **OCTOBER**  
*And All Year Long!*

Caring Color  
SLOW-DOWN LAVENDER

Health Focus  
SAFETY

**Show**  
a  
**Positive**  
**ATTITUDE**  
in **NOVEMBER**  
*And All Year Long!*

Caring Color  
SUNNY YELLOW

Health Focus  
STRESS REDUCTION

**CELEBRATE**  
**COMMUNITY,**  
**FAMILY**  
**& FRIENDS**  
in **DECEMBER**  
*And All Year Long!*

Caring Color  
EVER-GREEN

Health Focus  
HEALTHY RELATIONSHIPS

**LEND**  
**A**  
**HAND**  
in **JANUARY**  
*And All Year Long!*

Caring Color  
GENTLE AQUA

Health Focus  
FIRST AID & CPR

**YO**  
**COU**  
**NT**  
in **FEBRUARY**  
*And All Year Long!*

Caring Color  
WOW! FUCHSIA

Health Focus  
BE DRUG-FREE!

**RESOLVE**  
**CONFLICTS**  
in **MARCH**  
*And All Year Long!*

Caring Color  
DOVE WHITE

Health Focus  
ANGER MANAGEMENT

**Take Care**  
**of Our**  
**Environment**  
in **APRIL**  
*And All Year Long!*

Caring Color  
SPRING GREEN

Health Focus  
BE SMOKE-FREE!

*Be*  
**Appreciative**  
in **MAY**  
*And All Year Long!*

Caring Color  
GRATEFUL PINK

Health Focus  
EXERCISE!

**BE**  
**ADVENTUROUS**  
in **JUNE**  
*And All Year Long!*

Caring Color  
JOLT! ORANGE

Health Focus  
IMPROVE YOUR HEALTH  
& DISEASE PREVENTION

**Become**  
**INVOLVED**  
in **JULY**  
*And All Year Long!*

Caring Color  
PATRIOT RED

Health Focus  
HYGIENE & CLEANLINESS

**KNOW** | **WHO**  
**YOU** | **ARE**  
in **AUGUST**  
*And All Year Long!*

Caring Color  
THOUGHTFUL BLUE

Health Focus  
HEALTH EDUCATION  
& IMMUNIZATIONS



A Program of the Non-Profit Corporation  Inc.

The Caring Habit of the Month Adventure™

**12 CARING HABIT WALL POSTERS**

One "graphic message" for each month of the year

[www.caringhabits.org](http://www.caringhabits.org)