



PURPOSE



PHYSICAL



FINANCIAL



COMMUNITY



SOCIAL



# Embrace your health journey!

MyHealth Connections – Your Source, Your Partner, Your Community

## WELLNESS WEDNESDAYS CALENDAR

|     |  |
|-----|--|
| JAN | Financial Health – The Mental and Emotional Connection |
| FEB | Happy Heart – Heart Health and Hypertension            |
| MAR | Nutrition and Healthy Eating                           |
| APR | Cancer Prevention, Control and Survivorship            |
| MAY | Harmony Within – Mental and Emotional Well-Being       |
| JUN | Let's Stay Physical!/Health Fairs                      |
| JUL | Diabetes Management and Prevention                     |
| AUG | Back-to-School! WellChild and ADHD                     |
| SEP | Musculoskeletal and Lower Back Pain                    |
| OCT | Open Enrollment 2025                                   |
| NOV | Breathe Easy – Respiratory Wellness                    |
| DEC | Good Health – The Gift that Keeps Giving               |

# 2024



COOK COUNTY  
BENEFITS CONNECT

Connect with your Cook County community! Join MyHealthConnections on Facebook.



Share and discover tips to live a healthier lifestyle.  
[www.facebook.com/groups/Myhealthconnections/](https://www.facebook.com/groups/Myhealthconnections/)

For more information, email: [risk.mgmt@cookcountyil.gov](mailto:risk.mgmt@cookcountyil.gov)