



Your Health, Your Way

MyHealth Connections

2025 WELLNESS WEDNESDAYS CALENDAR

JANUARY
New Year:
Your Health,
Your Wallet

APRIL
Cancer Prevention,
Management
and Support

FEBRUARY
Matters of the
Heart Health

MAY
Mental, Emotional
and Social Wellness

MARCH
Welcome to Spring:
Health and Your
Furry Friends

JUNE
Summer Wellness
Essentials/
Health Fairs 2025



JULY
Defeating Diabetes:
Fitness and Nutrition!

OCTOBER
Open Enrollment
2026

AUGUST
Backpack Readiness:
Back-to-School Edition

NOVEMBER
Easy Breathing:
A Guide to
Respiratory Wellness

SEPTEMBER
Fall Wellness:
Musculoskeletal/
Low Back Pain

DECEMBER
Wellness:
The Best Gift



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 Share and discover tips to live a healthier lifestyle.
www.facebook.com/groups/Myhealthconnections/

For more information, email: risk.mgmt@cookcountyil.gov