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**PA Trust Schools 2022/2023 School Year Wellness Plan**

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| Month | | Topic |  | | | Activity Campaign | | | |
| August | | Chronic Conditions | | | \*Share the Care Management Flyers | | |  | |
| September | | Nutrition | | | \*Share the recipe spotlight video | | | [Quinoa Grain Bowl with Avocado Dressing](https://www.youtube.com/watch?v=XroYfm4OkfQ)  Healthy Blue Rewards Lite Program Flier | |
| October | | Stress Management | | | \*Share the stress management techniques topics | | |  | |
| Month | | **Topic** |  | | | **Activity Campaign** | | | |
| November | | Diabetes | | | \*Share the Omada Prevention and Management Program Flyers | | | [DigitalDiabetesToolkit](https://capitalbluecross.widencollective.com/portals/85kswswt/DigitalDiabetesToolkit) | |
| December | | Healthy Holidays | | | \*Share the healthy holiday video | | | [Build a Healthy Holiday Plate](https://www.youtube.com/watch?v=7_KmMCZEUik) | |
| January | | Virtual Care | | | \*Share Virtual Care Flier-check with your Admin to confirm you have this benefit | | | Virtual Care | |
| Month | | **Topic** | | | **Activity** | | | **Campaign** | |
| February | |  | | | \*Share My Care Finder Flier | | | My Care Finder | |
| March | |  | | | \*Share Loop Flier | | | Loop Flier | |
| April | | Preventive Health | | | \*Share the preventive services video, flyer, preventive schedule | | | Preventive [Services](https://www.youtube.com/watch?v=AquTHjSaabk) | |
| Month | | **Topic** | | | **Activity** | | | **Campaign** | |
| May | | Mental Health Awareness | | | \*Share the mental health services member flyer and breathing exercise video | | | <https://capitalbluecross.widencollective.com/portals/c7nlf4qq/BehavioralHealthToolkit>  [Mindfulness Breathing Exercise](https://www.capbluecross.com/wps/portal/cap/campaign/healthwise/mindfulness-breathing-exercise/) | |
| June | | Physical Activity | | | \*Share the strength training flyer | | | Blue 365: Fitness your Way Flier | |
| July | | Sun Safety | | | \*Share the fun in the sun article, tip sheet and the outdoor safety webcast | | | [Outdoor Safety](https://www.youtube.com/watch?v=5BJJ_dKWXGM) | |