



LSI Themes

Based on the Health Calendar:

January: Key to Successful Resolutions

February: Healthy Relationships

March: Stress Reduction

April: Mother Nature & the Environment

May: Spring Cleaning

June: Summer Safety

July: Take a Break - Safe Vacations

August: Ease Back Into School

September: Fall Into Fitness

October: The Great Outdoors

November: Healthy Holiday Living

December: Ending the Year Right

Other common themes:

- Today's Treasures, Tomorrow's Triumphs (family theme)
- Olympic
- Green/ Environmental
- Becoming Fiscally Fit

Events have also been used to announce:

- The launch of an onsite fitness facility
- Annual environmental awareness day
- The launch of a corporate wellness program (such as USPM)
- To disseminate Self Care Guides and other such resources (such as AIPM's)
- Earth Day themed

And many more!!