

You Are the

ONE

in

2021



Mark your calendar for the **21st of each month** to learn about ways to make you and your health your number **ONE** priority in 2021.

January 21, 12:00 P.M.

Routine Screenings 101

Join us for a Facebook live to learn about which screenings are right for women and when you need them.

May 21, 12:00 P.M.

Learning to Stress Less

Join us for a Facebook live to hear ways to combat stress and how this can impact your health.

September 21, 12:00 P.M.

Aging Gracefully

Join us for a Facebook live to learn how to get healthier as you get older. All ages welcomed!

February 21, 12:00 P.M.

Eating for a Healthy Heart

Tune in to our Facebook to learn how to start a heart healthy diet during American Heart Month.

June 21, 12:00 P.M.

All About Men's Health

Join us for a Facebook live to learn how to keep your body running like your favorite sports car.

October 21, 12:00 P.M.

Are My Baby Blues Normal?

Tune in to our Facebook live to learn how to spot if it's just the blues or actually postpartum depression.

March 21, 12:00 P.M.

Our Aging Brains

Join us on Facebook to learn how our mental health needs change during our life stages.

July 21, 12:00 P.M.

Get Up and Move!

Join us for a Facebook Live to find out how to "Walk Across Tennessee."

November 21, 12:00 P.M.

Become a Diabetes Warrior

Tune in to our Facebook to learn how to take back control of your diabetes.

April 21, 12:00 P.M.

In Sickness and in Telehealth

Join us for a Facebook Live to learn about telehealth, and how it's changing the way we view healthcare.

August 21, 12:00 P.M.

Good Health Starts Young

Tune in to our Facebook to learn all about breastfeeding and how it can change your baby forever.

December 21, 12:00 P.M.

All I Want for Christmas..

...is Snacks! Join us for a Facebook Live to learn how to snack smart this season.

For more details, visit our Facebook or www.hcmc-tn.org, or call our Find Line at (731) 644-3463