



Examples of Health Messages Using The Monthly Brands

Our Branded Theme	Anti-Drug	Physical Health	Mental Health
January – Lend A Hand	Lend A Hand – Support Healthy Habits Instead of Drugs.	Be There to Lend A Hand – Learn CPR!	Lend A Hand Listen – To Others Who Need To Share Their Story
February – You Count	You Count. Be Drug Free.	You Count - Doing Your Best Helps All The Rest (Team, Family, Friends)	You Count - Ask For Help When You Need It.
March – Resolve Conflicts	Resolve Conflicts In Your Life That Drugs Ignore. You Don't Have Time To Waste.	Resolve Conflicts – Take The Time To Exercise For Your Health	When Your Inner Voice Just Isn't Making Sense, Resolve Conflicts By Talking To Others
April - Take Care Of Our Environment	Take Care Of Our Environment And It Takes Care Of You, Better Than Any Drug Can.	Our Planet Is A Wonderful Place For A Walk Or A Run, Take Care Of It.	We're All Part Of The Environment. Take Care Of Both.
May – Be Appreciative	Drugs Only Help Themselves. Be Appreciative Of Real Help. Be Drug Free.	Be Appreciative Of The Health You Have, And Build From There. You Gotta Start Somewhere.	Be Appreciative Of Happy Moments - Remember Them During The Not So Good Times.

Sheet1

June – Be Adventurous

Life Is An Adventure That Drugs Take Away. Join The Adventure! Be Drug Free.

Life Is An Adventure. Get In Shape To Live It, Instead Of View It!

Life Awaits. Be Prepared To Step Outside Your Comfort Zone. Be Adventurous.

July – Become Involved

Be The Solution To Drugs In Our Community. Become Involved And Be Drug Free.

Become Involved With Healthy Nutrition, For Yourself And Your Family.

Good Mental Health Is A Community Concern. Become Involved.

August – Know Who You Are

Know Who You Are And Share The Real You. Be Drug Free.

Know Who You Are And Be Your Healthy Best!

Know Who You Are And When You Need Help, Then Be Brave Enough To Ask.

September – Do Your Best

Do Your Best To Stamp Out Drug Abuse. Set An Example To Be Drug Free.

Do Your Best. Eating Healthy Has Long-Term Rewards.

Nobody's Perfect – Do Your Best, One Day At A Time.

October – Be Patient & Listen

Be Patient & Listen – Your Inner Voice Is Telling You Drugs Are A Bad Idea.

Your Body Talks To You Each Day. Be Patient & Listen. Live Healthy.

Not All Boo Boos Can Be Seen. When Someone Tells You They Hurt – Be Patient & Listen.

November – Be Positive

A Positive Attitude Let's You Soar. Don't Let Drugs Drag You Down.

A Positive Attitude Makes Healthy Living Easier. Wear That Smile!

Shift Your Focus With A Positive Attitude

December – Celebrate Life

Life Is A Celebration And You're Invited! Be Drug Free and Celebrate Life.

Enjoy Healthy Habits Of The Mind, Body & Spirit – Celebrate Life!

You Belong - Family, Friends And Even Strangers Can Celebrate Life – Together

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