

NOVEMBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
<p>November is <u>National Diabetes Month</u></p> <p>Whether or not you have diabetes, this is a good month to take control of your health. Here are some tips to help you.</p> <p>Have a wonderful month!</p> <p>Calendar brought to you by Action Now, a community partnership to prevent diabetes and its complications. www.123ActionNow.org</p>					1	2
3	4	5	6	7	8	9
Get some good sleep!	Find ways to manage stress during your day.	Learn who is at risk for getting type 2 diabetes. Is it you?	Have you had a health checkup this year?	If not, see your doctor and ask about a test for diabetes	Protect yourself & everyone around you- get a flu shot	For help quitting smoking, call the Nebraska Tobacco Quitline at 1-800-QUIT-NOW
10	11	12	13	14	15	16
Read the labels on all your food this week	<u>Veteran's Day</u> Thank a vet today! 	Do a food and activity diary on paper or online	Learn what your blood pressure numbers should be	Find a place to get your blood pressure checked	See your doctor if your blood pressure is high	Try a new vegetable, like spaghetti squash
17	18	19	20	21	22	23
Honor health as your most precious gift Diabetes Cookbook	Learn the warning signs of diabetes	Take the Diabetes Risk Assessment	Learn how type 2 diabetes can be prevented	Talk to your Dr. if you think you might be depressed	Learn to separate diabetes myths from facts!	Learn how to eat healthy when eating out!
24	25	26	27	28	29	30
Relax and recharge. Get ready for the week!	Learn what you can do to prevent childhood obesity	Check out some healthy eating tips	Watch your portion sizes this week, take this quiz!	 Thanks giving	Does your family have a history of diabetes? Find out!	Use this day to be active as a family!

*Also check out: -[Local Diabetes Self-Management and Prevention Programs/Resources](#)
 -[UNL Extensions National Food Month Calendar for November](#)
 -[Hy-Vee November Events Calendar](#)
 -[Lincoln Public Schools Wellness Activities](#)

Action Now

Lincoln Lancaster County Health Department
 3140 N St
 Lincoln, NE 68510
 402-441-8065 (information and referral)
www.123ActionNow.org

