

# W2 Monthly Communications Update

March 2023

## Key Topics

This month you should be focusing your efforts on **Physical Optimization** and **Reproductive & Sexual Health**. Visit the following links for resources on these areas:

**Physical Optimization:** <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Physical-Optimization/>

**Reproductive & Sexual Health:** <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Reproductive-Sexual-Health/>

Additionally, W2 will showcase an article in the **Physical Optimization** focus area called, **Be Active with Your Dog for Canine Fitness Month!** Any W2 article(s) will be published to the Defense Visual Information Distribution Service (DVIDS) and linked from social media.

## Health Observances

### Daily:

- 04 April – Sexual Assault Day of Action
- 05 April – National Walking Day
- 07 April – Walk to Work Day
- 11 April – \*National Pet Day
- 22 April – National Drug Take Back Day
- 28 April – World Day for Safety and Health at Work
  - \* Indicates high performing social media post

### Weekly:

- Public Health Week (3 April – 9 April)
- STI Awareness Week (10 April – 16 April)
- National Park Week (22 April – 30 April)
- National Infertility Awareness Week (23 April – 29 April)

### Monthly:

- National Alcohol Awareness Month
- National Donate Life Month
- Limb Loss & Difference Awareness Month
- Autism Acceptance Month

- National Occupational Therapy Month
- Oral Cancer Awareness Month
- STI Awareness Month
- Sports Eye Safety Month
- Physical Wellness Month
- National African American Women's Fitness Month

#### **MHS Monthly Observances:**

- N/A

## **Social Media**

Each month you should complete **at least one** of the following items through your command's social media page:

- Like the W2 Facebook page: [www.facebook.com/warfighterwellness/](http://www.facebook.com/warfighterwellness/)
- Follow the W2 Instagram account: [www.instagram.com/warfighterwellness/](http://www.instagram.com/warfighterwellness/)
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.