

We encourage libraries to customize these posts and include their own hashtags. Include @EBSCO on 1

Post

Timing

Did you know that February is #NationalCancerPreventionMonth? Learn about the DOs and DON'Ts of cancer prevention and find resources to inform your lifestyle from Consumer Health Complete: February

February is #AmericanHeartMonth. Be smart and learn how to take care of your heart with Consumer Health Complete's selection of resources: February

March is #NationalNutritionMonth. Hungry for nutrition resources and tips on healthy eating? Consumer Health Complete provides reliable information to chew on. March

It's #AutismAwareness Month. Find articles, evidence-based reports, fact sheets and other information resources about autism. Log in to Consumer Health Complete: April

April is #AlcoholAwarenessMonth. Everything you need to know about healthy consumption habits and the science of alcohol and substance abuse is available from Consumer Health Complete. April

#AlcoholAwarenessMonth is a good time to talk to your teen about underage drinking. Find resources for parents and guardians in Consumer Health Complete: April

April is #StressAwarenessMonth. Find strategies for reducing stress and enhancing your well being. Access Consumer Health Complete through the library: April

It's #SkinCancerAwarenessMonth. Stay savvy about your skin! Log in to Consumer Health Complete for skin cancer facts and tips for preventing skin damage. May

Understanding mental health begins with awareness. Educate yourself this #MentalHealthAwarenessMonth using Consumer Health Complete's selection of resources and tools. May

Your well-being matters. Find tools and resources for improving your mental health using Consumer Health Complete: May

It's #OlderAmericansMonth. Consult Consumer Health Complete for tips on improving overall health and quality of life in the later years through diet, physical activity, and more. Log in at the library: May

May is #WomensHealthMonth. Log in to Consumer Health Complete for reliable and current information on women's health issues. May

It's #PhysicalFitnessMonth, and Consumer Health Complete has answers to all your cardio questions. Find fitness facts and more — no heavy lifting required! Log in via the library: May

May is National #Asthma & #Allergy Awareness Month. Find self-management tips for living with asthma and allergies, learn about treatment innovations and more using Consumer Health Complete: May

#HealthyVisionMonth is the eye-deal time to take a glance at Consumer Health Complete's selection of insightful information and vision care resources. Log in at the library: May

June is Alzheimer's and Brain Awareness Month. Learn about the different conditions that can affect our brains and how to promote brain health with facts and information from Consumer Health Complete:	June
It's #MensHealthMonth. Consult Consumer Health Complete for specialized resources and tools on men's mental and physical health and beyond. Access through the library:	June
Are you ultra vigilant about ultraviolet exposure? Access Consumer Health Complete for tips on how to protect yourself during #UVSafetyMonth and all year long:	July
August is #SummerSunSafetyMonth. Have burning questions? Lather on the sunscreen and log in to Consumer Health Complete for information on how to keep you and your family protected:	August
It's #ChildhoodCancerAwarenessMonth. Log in to Consumer Health Complete for facts, information, and resources, as well as ways that you can raise awareness in your own community:	September
September is #HealthyAgingMonth. Need some inspiration to achieve healthy living as you age? Log in to Consumer Health Complete and see how other countries approach diet, exercise, skincare and more:	September
It can be such a pain to find reliable resources. Consumer Health Complete helps you locate tips and tools for pain management during #PainAwarenessMonth and all year long.	September
September is #WorldAlzheimersMonth. For resources and information, and to learn more about Alzheimer's awareness efforts, consult Consumer Health Complete:	September
It's #NationalBreastCancerAwarenessMonth. Know the risk factors and signs, and read up on the advancements in treatment by logging in to Consumer Health Complete:	October
It's #HealthLiteracyMonth. They say that an apple a day keeps the doctor away, but it's better to arm ourselves with trustworthy information. Log in to Consumer Health Complete for a large selection of health literacy tools:	October
October is #NationalDentalHygieneMonth. Brush up on the facts and learn the tooth about healthy hygiene habits using Consumer Health Complete:	October
November is #LungCancerAwarenessMonth. Consult Consumer Health Complete for information on how to quit smoking. It's never too late! Log in at the library:	November
It's #DiabetesAwarenessMonth. Learn about diabetes risk factors, find tips for lowering your risk, and explore current issues in diabetes care using Consumer Health Complete.	November
Caring for an ill or elderly loved one? Consumer Health Complete offers a wealth of information on medical conditions to help caregivers feel more informed, better prepared and less overwhelmed. Log in via the library:	Anytime
Want to learn more about a medical diagnosis, treatment or chronic condition? Consumer Health Complete contains evidence-based health reports, fact sheets, diagrams, animations, drug information and more.	Anytime

Twitter posts if you'd like us to see and "like" you

Notes

National Cancer Prevention Month

American Heart Month

National Nutrition Month

Autism Awareness Month

Alcohol Awareness Month

Alcohol Awareness Month

Stress Awareness Month

Skin Cancer Awareness Month

Mental Health Awareness Month

Mental Health Awareness Month

Older Americans Month

Women's Health Month

Physical Fitness Month

National Asthma & Allergy Awareness Month

Healthy Vision Month

Alzheimer's and Brain Awareness Month

Men's Health Month

UV Safety Month

Summer Sun Safety Month

Childhood Cancer Awareness Month

Healthy Aging Month

Pain Awareness Month

World Alzheimer's Month

National Breast Cancer Awareness Month

Health Literacy Month

National Dental Hygiene Month

Lung Cancer Awareness Month

Diabetes Awareness Month

Caregivers

Anytime

Jr tweets.

Corresponding Image (if applicable)

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