

From: Administration for Community Living <acl@public.govdelivery.com>
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Subject: Order Multicultural "A Year of Health" Planners from NIH

December 28, 2015

NIH Offers Free "A Year of Health" Calendars

The 2016 "A Year of Health" planners and other free resources from the National Institute of Arthritis and Musculoskeletal and Skin Diseases, part of the National Institutes for Health, are available to order directly from NIAMS.

These calendars are tailored for four different cultural groups (African-Americans, Hispanic/Latino-Americans, Asian-Americans/Pacific Islanders, and American Indian/Alaska Native/Native Hawaiians). The Hispanic/Latino-American version is written in English and Spanish. The planners include reliable information about keeping bones, joints, muscles, and skin healthy throughout the year.

You are an important link in keeping your community informed, so NIH offers each organization up to 150 free planners for distribution to the public.

Order them here: <http://www.niams.nih.gov/multicultural/planners.asp>

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