



2013

Association of Clinicians for the Underserved
 Be a partner in your health • *Sea un colaborador en su salud*

Set health goals together • *Formen metas de salud juntos*

JANUARY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY

S	M	T	W	T	F	S
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24	25	26	27	28		

MARCH

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31						

APRIL

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Ask questions if you don't understand • *Pregunte si no entiende*

MAY

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JUNE

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JULY

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AUGUST

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Know your goals • *Conozca sus metas*

SEPTEMBER

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
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29	30					

OCTOBER

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20	21	22	23	24	25	26
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NOVEMBER

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24	25	26	27	28	29	30

DECEMBER

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Make health a family matter • *Haga la salud un asunto de la familia*



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