

January
2021



Your Health Matters

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January is Cervical Health Awareness Month

More than 13,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening. [Click here](#) to learn more from the National Cervical Cancer Coalition.



Dry January

Alcohol is more harmful than you think. [Learn why](#) giving up on alcohol in 2021 is a good idea.

