

# january 2011 key



## HEALTH & SAFETY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	Warm-up	Cold turkey	Independence Day	Vitamin D	Reduce risk of cardiovascular disease; improve mental function; improve visual function	
9	10	11	12	13	14	15
	Sun protection factor	Over-the-Counter	Eight	National Highway Traffic Safety Administration; Insurance Institute for Highway Safety; Consumers Union	Ankle sprain	
16	17	18	19	20	21	22
	Lyme disease	Hospice care; palliative care	Asprin	Meat, fish and poultry	Chlorine	
23	24	25	26	27	28	29
	No one; by law, these products are not tested or regulated	Pain, tenderness, discoloration, swelling, deformity, loss of function, and grating	With a blood test	Once a year; at least once a year	Wash well or peel	
30	31					
	30 minutes					

notes:

