



Read for Life: Reading List

Month	Theme/Synopsis
September	A Garden of Life (Books will center on healthy eating focusing primarily on the food pyramid, harvests, and fruits and vegetables.)
October	Healthy Smiles (Books will focus on oral hygiene and dental health.)
November	You Are What You Eat (Books will focus on diabetes awareness/prevention and food portion control.)
December	Gifts that Last: Come Back Home (Books will focus on health care providers and taking care of oneself, friends, and families.)
January	New Beginnings! (Books will reflect on personal/professional/academic goals for the new year.)
February	Love Your Heart! (Books will center on heart wellness/care.)
March	Live Long (Books will center on adopting healthy lifestyles to live longer lives.)
April	Kid Power (Books will center on children and their care/well-being.)
May	Healthy Minds (Books will center on mental health topics/awareness.)
June	Let's Keep Physical! (Books will center on sports, games, and exercise.)
July	The Heat is On! (Books will reflect on dehydration, heat stroke, sun-related diseases, and awareness/prevention of skin cancer.)
August	Are You Ready? (Books will center on school immunizations, sports physicals, and back-to-school preparations for students of all learning institutions.)