Take a listen every Mondays @ 7 pm
Starting Monday, August 6, 2018

“Healthy Mondays
With
AAPINA of Nevada”
PHL V Radio

Sponsored by
Asian American Pacific Islander Nurses Association
(AAPINA) of Nevada
Check out our website @ Aapina.org and Facebook Page

Download app
AAPINA of Nevada will start a “Healthy Mondays AAPINA of Nevada” Radio Program with PHLV Radio every Monday from 7:00 - 7:30 pm starting Monday, August 6, 2018.

**What is Healthy Monday?** Healthy Monday is a national initiative to help end chronic preventable diseases by offering weekly or bi-weekly prompts and programs to support people and participating organizations in starting and sustaining healthy behaviors.

Healthy Monday is a public health initiative founded in 2005 in association with the Johns Hopkins Bloomberg School of Public Health, Columbia Mailman School of Public Health, and Syracuse University Maxwell School of Citizenship and Public Affairs. We’re bringing Healthy Monday concept from the East Coast all the way to Las Vegas, Nevada and beyond.

**Why Monday?** Research conducted by Johns Hopkins shows people view Mondays more than any other day of the week as the day to kick start healthier choices and behaviors. Respondents chose Monday as the day they would start diets, exercising, quit smoking, and make doctor appointments. Monday represents a special unit of time in our culture, and is viewed as the start of a brand new week. And the best part - there are 52 chances to try to kick off your week right!

“Caregiver Monday”, “Kids Cook Monday”, “Healthy Cooking Monday”, etc are some of the special Healthy Monday Programs listed on the National Institute of Health website (www.nih.gov). Diabetes, Hypertension, Chronic Obstructive Pulmonary Diseases, Depression, Management of PolyPharmacy are some of the chronic preventable diseases prevalent among the US population.