



Me Time MondaySM – 52 Weeks, 52 Tips



To help promote our mission, the Caregiving Club is proud to join the [Healthy Monday campaign](#) efforts, especially the [Caregivers' Monday Campaign](#). The Monday Campaigns is a national movement to help Americans start and sustain the lifestyle behaviors that can end chronic preventable disease.

Based on research by Johns Hopkins, Monday has special significance as the beginning of the week – a critical unit of time when planning our lives. The research shows that more people are likely to start and stick to a new plan on Monday rather than any other day of the week – whether it's beginning a new diet, ceasing to smoke, scheduling doctor appointments or starting a new exercise regime.

The Monday Campaign is a non-profit organization founded in 2005 in association with Columbia University, Johns Hopkins University and Syracuse University in order to apply marketing best practices to best health challenges. To find out more about the numerous Monday Campaigns, visit the web site at: www.mondaycampaigns.org.

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