JANUARY

Not everyone works well with New Year’s resolutions, so just make a conscious effort to make one healthy choice every day.

Cervical Health Awareness Month
National Cervical Cancer Coalition (NCCC)
www.nccc-online.org

National Birth Defects Prevention Month
March of Dimes Birth Defects Foundation
www.marchofdimes.com or
Center for Disease Control & Prevention
www.cdc.gov

National Blood Donor Month
American Association of Blood Banks (AABB)
www.aabb.org

National Glaucoma Awareness Month
Glaucoma Research Foundation
www.glaucoma.org

January 1 – 2
National Folic Acid Awareness Week
National Council on Folic Acid
folicacidinfo.org

January 15 – 21 (third week of January)
Healthy Weight Week
Healthy Weight Network
www.healthyweightnetwork.com

January 16 (Martin Luther King Day)
MLK Day of Service (annually)
Corporation for National and Community Service
www.mlkday.gov

January 22 – 28
National Certified Nurse Anesthetists Week
American Association of Nurse Anesthetists
www.aana.com

FEBRUARY

Show someone you really love them by skipping the heart-shaped box of candy and opt for a heart-healthy gift instead.

AMD/Low Vision Awareness Month
Prevent Blindness America
www.preventblindness.org

American Heart Month
Contact your local chapter of the American Heart Association or
AHA National Center
www.americanheart.org
www.cdc.gov

National Cancer Prevention Month
American Institute for Cancer Research
www.aicr.org
American Cancer Society
www.cancer.org

National Children’s Dental Health Month
Contact the state or local dental society or
American Dental Association
www.ada.org

National Condom Month
The Bacchus Network National Office
www.bacchusnetwork.org

National Senior Independence Month
Administration on Aging
www.aoa.gov

Wise Health Consumer Month
American Institute for Preventive Medicine
www.healthylife.com
February 1
National Girls & Women in Sports Day
National Girls and Women in Sports Coalition
AAHPERD
www.aahperd.org/ngws/programs/ngwsd

February 4
National Wear Red Day
The Heart Truth—a National Awareness Campaign for Women About Heart Disease
National Heart, Lung, and Blood Institute
Health Information Center
www.hearttruth.gov or
Women Heart
www.womenheart.org or
Go Red For Women Cause Initiatives
American Heart Association National Center
www.goredforwomen.org/national_wear_red_day.aspx

February 12 – 18
National Cardiac Rehabilitation Week
AACVPR Office
www.aacvpr.org

February 14 (Valentine’s Day)
National Condom Awareness Day
www.ashastd.org

February 13 – 19
Random Acts of Kindness Week
Random Acts of Kindness Foundation
www.actsofkindness.org

February 26 – March 3
National Eating Disorders Awareness Week
National Eating Disorders Association
www.nationaleatingdisorders.org

February 22
World Thinking Day
Girl Scouts
www.girlscouts.org/who_we_are/global/world_thinking_day/

Late February – Early April
Collegiate Safe Spring Break Programming
The Bacchus Network National Office
www.bacchusnetwork.org

MARCH

Donating blood is an easy way to save a life! Give on your own, or organize a blood drive in your community.

American Red Cross Month
American Red Cross, National Headquarters
or contact your local chapter
www.redcross.org

Brain Injury Awareness Month
Brain Injury Association of America
www.biausa.org

Hemophilia Month
National Hemophilia Foundation
www.hemophilia.org

Learning Disabilities Awareness Month
Learning Disabilities Association of Canada
www.ldac-acta.ca

National Colorectal Awareness Month
Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

National Developmental Disabilities Awareness Month
The Arc of the United States
www.thearc.org

National Eye Donor Month
EBAA, Eye Bank Association of America
www.restoresight.org

National Kidney Month
National Kidney Foundation
www.kidney.org

National Nutrition Month
American Dietetic Association
www.eatright.org
National Wellness Institute’s
2012 Health & Wellness Observances Calendar

**National Poison Prevention Month**
Poison Prevention Council
www.poisonprevention.org
or
American Association of Poison Control Centers
www.aapcc.org

**National Professional Social Work Month**
National Association of Social Workers
www.socialworkers.org

**Save Your Vision Month**
American Optometric Association
www.aoa.org

**Workplace Eye Health and Safety Month**
Prevent Blindness America
www.preventblindness.org

**March 4 – 10**
**National Collegiate Health and Wellness Week**
The Bacchus Network National Office
www.bacchusnetwork.org

**March 4 – 10**
**National Problem Gambling Awareness Week**
The National Council on Problem Gambling, Inc.
www.ncpgambling.org/

**March 4 – 10**
**National School Breakfast Week**
School Nutrition Association
www.schoolnutrition.org

**March 4 – 10 (week before daylight savings time)**
**National Sleep Awareness Week**
National Sleep Foundation
www.sleepfoundation.org

**March 13 – 19**
**National Pulmonary Rehabilitation Week**
American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

**March 15 (third Thursday)**
**Companies that Care Day**
Center for Companies that Care
www.companies-that-care.org/2012_day.php

**March 18 – 24**
**National Poison Prevention Week**
Poison Prevention Council
www.poisonprevention.org

**March 20**
**National Native HIV/AIDS Awareness Day**
Commitment to Action for 7th Generation Awareness & Education: HIV/AIDS Prevention Project
www.happ.colostate.edu
or National Native American AIDS Prevention Center
www.nnaapc.org

**March 18 – 24**
**National Youth Violence Prevention Week**
National Association of SAVE
www.nationalsave.org

**March 21**
**Kick Butts Day**
Campaign for Tobacco–Free Kids
www.tobaccofreekids.org

**March 22**
**World Water Day**
RC International Water and Sanitation Centre
www.unwater.org

**March 27 (fourth Tuesday in March)**
**American Diabetes Alert Day**
American Diabetes Association
Public Relations
www.diabetes.org

**APRIL**

*Share a talent or skill through volunteering. Contact your local United Way or volunteer center and get involved!*

**National Alcohol Awareness Month**
SAMSHA’s National Clearinghouse for Alcohol & Drug Information
www.ncadd.org
National Cancer Control Month
Contact your local chapter or
American Cancer Society
www.cancer.org

National Child Abuse Prevention Month
Prevent Child Abuse America
www.preventchildabuse.org
or
Child Welfare Information Gateway
Children's Bureau/ACYF
www.childwelfare.gov/preventing/preventionmonth/

National Counseling Awareness Month
American Counseling Association (ACA)
www.counseling.org

National Donate Life Month
HRSA Information Center
www.organdonor.gov/

Stress Awareness Month
American Counseling Association (ACA)
www.counseling.org

National Humor Month
Association for Applied and Therapeutic Humor
www.aath.org/authors_crisis.htm
Carmel institute Of Humor
www.larrywilde.com/month/htm
www.thehumorcollection.org/
www.comedycures.org

National Minority Health & Health Disparities Month
Office of Minority Health Resource Center
www.omhrc.gov

National Occupational Therapy Month
The American Occupational Therapy Association
www.aota.org

National STDs/Family Planning Awareness Month
American Social Health Association
www.ashastd.org/

National Youth Sports Safety Month
National Youth Sports Safety Foundation, Inc.
www.nyssf.org

Sexual Assault Awareness Month
National Sexual Violence Resource Center
www.nsvrc.org

Late February – Early April
Safe Spring Break Programming
The BACCHUS Network National Office
Association Task Force on Alcohol and Other Drugs
www.bacchusnetwork.org
American College Health Association
www.acha.org/index.cfm

April 1 – 7 (first full week)
National Week of the Ocean
National Week of the Ocean Website
www.national-week-of-the-ocean.org/

April 4 (first Wednesday of April)
International Children’s Book Day
International Board on Books for Young People
Basel, Switzerland
www.ibby.org/index.php?id=269

April 4 (first Wednesday of April)
National Day of Hope
Childhelp USA National Hdqtrs
www.childhelpusa.org

April 7 – 13 (starts on World Health Day)
National Public Health Week
American Public Health Association
www.apha.org

April 7 – 8
Alcohol-Free Weekend
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 7 (annually on April 7)
World Health Day
World Health Organization
www.who.org
www.paho.org

April 5
National Alcohol Screening Day
Screening for Mental Health, Inc.
www.mentalhealthscreening.org
April 8-14
National Library Week
American Library Association
www.ala.org

April 15 – 21
National Environmental Education Week (eeweek)
National Environmental Education Foundation
www.eeweek.org

April 10
Siblings Day
Siblings Day Foundation
www.siblingsday.org/bodyframe.htm

April 14
International Moment of Laughter Day
Izzy Gesell, Wide Angle Humor
www.izzyg.com

April 16 (annually on April 16)
National Healthcare Decisions Day
NHDD
www.nhdd.org

April 17 – 23
National Minority Cancer Awareness Week
National Cancer Institute
Public Inquiries Office
cancernet.nci.nih.gov

April 15 – 21 (third week of April)
National Volunteer Week
The Points of Light and Hands on Network
www.PointsofLight.org
We, the World, A United World
www.unitedworld.org/nww.asp

April 15 – 21
Medical Fitness Week
Medical Fitness Association
www.medicalfitness.org

April 20-22
Global Youth Service Day
Youth Service America
www.ysa.org/gysd

April 22
Earth Day
Earth Day Network
www.earthday.net

April 21 – April 28
National Infant Immunization Week
CDC, National Immunization Program
www.cdc.gov/vaccines/events/niiw

April 26 (fourth Thursday April)
Take Your Daughters and Sons to Work Day
Daughters And Sons To Work® Day
www.daughtersandsonstowork.org

April 27 (fourth Friday in April)
Remember Children Lost to Violence
Child Welfare League of America
www.cwla.org

MAY

Enjoy the warmer weather while biking to work in honor of both National Bike Month and Clean Air Month.

Asthma and Allergy Awareness Month
Allergy and Asthma Foundation of America
www.aafa.org
www.aanma.org

Better Sleep Month
The Better Sleep Council
www.bettersleep.org

Clean Air Month
Centers for Disease Control
www.cdc.gov/features/cleanairmonth

Correct Posture Month
American Chiropractic Association
Communications Department
www.amerchiro.org

Employee Health & Fitness Month
National Association for Health and Fitness, ACTIVE Life
www.healthandfitnessmonth.com
Healthy Vision Month/UV Safety
National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month
Hepatitis Foundation International
www.hepfi.org

Huntington’s Disease Awareness Month
Huntington’s Disease Society of America
www.hdsa.org

Lupus Awareness Month
Lupus Foundation of America, Inc.
www.lupus.org

National Arthritis Month
Arthritis Foundation
www.arthritis.org

National Bike Month
League of American Bicyclists
www.bikeleague.org

National High Blood Pressure Education Month
NHLBI Information Center
www.nhlbi.nih.gov

National Melanoma/Skin Cancer Awareness Month
American Academy of Dermatology
www.aad.org or American Cancer Society
www.skincancer.org

National Mental Health Month
National Mental Health Association
www.nmha.org

National Osteoporosis Awareness Prevention Month
National Osteoporosis Foundation
www.nof.org

National Physical Fitness and Sports Month
President’s Council on Fitness, Sports, and Nutrition
www.fitness.gov

National Stroke Awareness Month
National Stroke Association
www.stroke.org or American Heart Association (National Center)
www.americanheart.org or contact your local AHA office

National Teen Pregnancy Prevention Month
Advocates for Youth
www.advocatesforyouth.org

National Tuberous Sclerosis Awareness Month
Tuberous Sclerosis Alliance
www.tsalliance.org

Older Americans Month
U.S. Dept. of Health and Human Services Administration on Aging
www.aoa.gov

May 1 – 7 (same dates annually)
National Physical Education and Sports Week
National Association for Sport and Physical Education
(American Alliance for Health, Physical Education, Recreation, and Dance)
www.aahperd.org

May 2 (first Wednesday in May)
Project Aces Day
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com

May 5 (first Saturday in May)
Join Hands Day: Youth and Adults Volunteering Together
Points of Light and Hands on Network
www.joinhandsday.org

May 6 – 12 (same dates each year)
National Nurses Week
American Nurses Association
www.nursingworld.org

May 7 – 11 (first full week in May)
North American Occupational Safety and Health Week (NAOSH)
American Society of Safety Engineers
www.asse.org/naosh
May 6 – 12 (first full week in May)
International Building Safety Week
International Code Council Foundation
www.icc–foundation.org
www.iccsafe.org/safety/BSW

May 6 – 12 (first full week in May)
Be Kind to Animals Week
Canadian Federation of Humane Societies
www.cfhs.ca
American Humane Association
www.americanhumane.org/

May 6 – 12 (Mother’s Day week)
National Nursing Home Week
American Health Care Association
http://www.nnhw.org

May 6 – 12 (Mother’s Day week)
Women’s Health Week
Office on Women’s Health
Department of Health and Human Services
www.4woman.gov/owh

May 6 – 12 (during week of May 12)
National Hospital Week
American Hospital Association
www.aha.org

May 8 (same date each year)
World Red Cross/Red Crescent Day
American Red Cross
Or contact your local chapter
www.redcross.org

May 9 (during National Nurses Week)
School Nurse Day
www.nasn.org

May 14 – 20
National Volunteer Week – Australia
The Center for Volunteering

May 12
World Fair Trade Day
World Fair Trade Association (WFTO)
www.wfto.org

May 14 – 18 (third week in May)
Bike to Work Week
League of American Bicyclists
www.bikeleague.org

May 16 (third Wednesday)
National Employee Health and Fitness Day
National Association for Health and Fitness
www.physicalfitness.org

May 20 – 26 (last full week in May)
Older Americans Mental Health Week
Older Women’s League
www.owl–national.org

May 30
National Senior Health & Fitness Day
www.fitnessday.com

JUNE

Being safe is a part of living well. June is a good month to take care of any safety concerns at the home or office.

(June & July)
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworksafety.com

National Home Safety Month
Home Safety Council
www.homesafetycouncil.org/homesafetymonth

National Great Outdoors Month
American Recreation Coalition
www.greatoutdoorsmonth.org

National Safety Month
National Safety Council
www.nsc.org

National Scleroderma Awareness Month
United Scleroderma Foundation, Inc.
www.scleroderma.org
June 1 – 7 (same each year)
National Headache Awareness Week
National Headache Foundation
www.headaches.org

June 1 (annually on June 1)
Stand for Children Day
www.stand.org

June 2 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org

June 3
National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncsdf.org

June 5
World Environment Day
United Nations Environment Programme (UNEP)
www.unep.org/wed

June 10 (Second Sunday in June)
National Children's Day
www.nationalchildrensday.us

June 11 – 17 (ending with Father's Day)
National Men's Health Week
National Men's Health Network
www.menshealthweek.org

June 14 (same date each year)
World Blood Donor Day
www.wbdd.org

June 27 (same date each year)
National HIV Testing Day
National Association of People With AIDS
www.napwa.org

JULY

Make plans to attend the National Wellness Conference this month! Expand your personal and professional wellness!

(June & July)
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworksafety.com

Eye Injury Prevention Month
Federal Occupational Health
www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp

UV Safety Month
American Academy of Ophthalmology
www.aao.org

July 9 – 15 (second week in July)
National Therapeutic Recreation Week
NTRS - Branch of the National Park and Recreation Association
www.nrpa.org

July 17 – 23
Every Body Deserves a Massage Week
Associated Bodywork & Massage Professionals
www.abmp.com

AUGUST

When possible, try a walking meeting at work. The ideas will flow better once you get your blood pumping!

Cataract Awareness Month
American Academy of Ophthalmology
www.aao.org

Medic Alert Awareness Month
www.medicalert.org

National Immunization Awareness Month
Center for Disease Control & Prevention
www.cdc.gov/vaccines
August 1 – 7  
**World Breastfeeding Week**  
La Leche League International  
[www.llli.org/](http://www.llli.org/)

**August 6 – 10** (second week in August)  
**National Health Center Week**  
National Association of Community Health Centers, Inc.  
[www.healthcenterweek.com](http://www.healthcenterweek.com)

**August 7**  
**National Night Out**  
America’s Night Out Against Crime  
[www.nationalnightout.org/nno/about.html](http://www.nationalnightout.org/nno/about.html)

**August 9**  
**International Day of the World’s Indigenous People**  
Dag Hammarskjöld Library  
United Nations  

### SEPTEMBER

Don’t miss out on the abundance of fresh, local, organic produce at your local farmers’ market this month!

**Alzheimer’s Association Memory Walk** (Fall Weekend)  
Dates vary depending location. Contact your local Alzheimer’s Association or visit  
[www.alz.org](http://www.alz.org)

**America on the Move – Month of Action**  
American on the Move Foundation  
STEPtember, a month-long celebration inviting people to become more active and eat more healthfully (2010 new)  
[www.americaonthemove.org](http://www.americaonthemove.org)

**Baby Safety Awareness Month**  
Juvenile Product Manufacturers Association  
[www.jpma.org](http://www.jpma.org)

**Healthy Aging Month**  
Healthy Aging, Educational Television Network, Inc.  
[www.helahtyaging.net](http://www.helahtyaging.net)

**Children’s Eye Health and Safety Month**  
Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

**Fruit & Veggie Month**  
Fruits & Veggies More Matters  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.movingtothefuture.org](http://www.movingtothefuture.org)

**Healthy Aging™ Month**  
Healthy Aging Campaign  
Educational Television Network, Inc.  
[www.healthyaging.net](http://www.healthyaging.net)

**Leukemia & Lymphoma Awareness Month**  
Leukemia and Lymphoma Society of America  

**National Alcohol & Drug Addiction Recovery Month**  
Substance Abuse and Mental Health Services Administration (SAMHSA)  
National Clearinghouse for Alcohol and Drug Information  
[www.recoverymonth.gov](http://www.recoverymonth.gov)

**National Cholesterol Education Awareness Month**  
National Heart, Lung, & Blood Institute  
[hp2010.nhlbihin.net/cholmonth](http://hp2010.nhlbihin.net/cholmonth)

**National Food Safety Education Month**  
International Food Safety Council  
National Restaurant Association  
[www.servsafe.com](http://www.servsafe.com)  
Educational Foundation International Food Safety Council  
[www.foodsafety.gov](http://www.foodsafety.gov)

**National Ovarian Cancer Awareness Month**  
National Ovarian Cancer Coalition, Inc.  
[www.ovarian.org](http://www.ovarian.org)

**National Menopause Awareness Month**  
North American Menopause Society  
[www.menopause.org](http://www.menopause.org)

**National Pain Awareness Month**  
American Pain Foundation  
[www.painfoundation.org](http://www.painfoundation.org)
National Preparedness Month
Cosponsored by American Red Cross
www.redcross.org and
U.S. Dept of Homeland Security
www.ready.gov

National Sickle Cell Disease Awareness Month
Sickle Cell Disease Association of America, Inc.
www.sicklecelldisease.org

National Yoga Month
Yoga Health Foundation
www.yogamonth.org

Prostate Health Month
National Prostate Cancer Coalition
www.menshealthnetwork.org

Sports and Home Eye Safety Month
Prevent Blindness America
www.preventblindness.org

Whole Grains Month
The Whole Grains Council
www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september

September 1 – 7 (same date annually)
National Childhood Injury Prevention Week
The American Academy of Pediatrics
www.aap.org/healthtopics/safety.cfm
Safe Kids Worldwide
www.pcaw.com

September 3 – 7 (first full week in September)
Suicide Prevention Week
American Association of Suicidology
www.suicidology.org

September 7 – 13
National Assisted Living Week
National Center for Assisted Living
www.nalw.org

September 7 (annually Sept. 7)
National Threatened Species Day
U.S. Headquarters
World Wildlife Fund (WWF)
www.worldwildlife.org

September 11
National Day of Service and Remembrance
www.911day.org/

September 16-22
National Rehabilitation Week
National Rehabilitation Awareness Foundation
www.nraf–rehabnet.org/

September 16-22
National Farm Safety and Health Week
National Educational Center for Agricultural Safety
www.nsc.org/necas

September 19 – 25 (last full week)
Active Aging Week
International Council on Active Aging
www.icaa.cc

September 20 (third Tuesday)
Take A Loved One to the Doctor Day
National Health Information Center
www.healthfinder.gov/orgs

September 19 (third Wednesday)
Backpack Awareness Day
The American Occupational Therapy Association
www.aota.org

September 21 (Sept. 21 annually)
International Day of Peace
United Nations
www.un.org/en/events/peaceday/

September 29 (last Saturday)
Family Health and Fitness Day USA
Health Information Resource Center
www.fitnessday.com/family

September 26 (last Wednesday)
National Women’s Health & Fitness Day
Health Information Resource Center
www.fitnessday.com/women

September 29 (last Saturday)
National Public Lands Day
National Public Lands Day
www.publiclandsday.org
OCTOBER

Get outside and enjoy the beautiful fall colors this month! Get your heart rate up by raking all those leaves by hand!

Alzheimer’s Association Memory Walk (Fall Weekend)
Dates vary depending location. Contact your local Alzheimer’s Association or visit www.alz.org

American Heart Walk
Dates vary depending on your location. American Heart Association www.heartwalk.org

Auto Battery Safety Month
Prevent Blindness America www.preventblindness.org

Eat Better, Eat Together Month
Washington State University nutrition.wsu.edu/ebet/

Children’s Health Month
Office of Children’s Health Protection U.S. Environmental Protection Agency yosemite.epa.gov/ochp/ochpweb.nsf/content/chm-home.htm

Domestic Violence Awareness Month
National Resource Center for Domestic Violence dvam.vawnet.org

Health Literacy Month
Health Literacy Consulting www.healthliteracymonth.org

Healthy Babies Month
March of Dimes/Birth Defects Foundation www.marchofdimes.com

Healthy Lung Month
American Lung Association www.lungusa.org

National Breast Cancer Awareness Month
www.nbcam.org or The Susan G. Komen Breast Cancer Foundation www.komen.org

National Chiropractic Month
American Chiropractic Association www.acatoday.org/NCHM

National Crime Prevention Month
National Crime Prevention Council www.ncpc.org

National Dental Hygiene Month
American Dental Hygienists Association www.adha.org/ndhm

National Depression and Mental Health Screening Month
Screening for Mental Health, Inc. www.mentalhealthscreening.org

National Disability Employment Awareness Month
U.S. Dept. of Labor www.dol.gov/

National Family Sexuality Education Month
Planned Parenthood Federation of America www.plannedparenthood.org/

National Liver Awareness Month
American Liver Foundation www.liverfoundation.org

National Physical Therapy Month
American Physical Therapy Association www.apta.org

National Spina Bifida Month
Spina Bifida Association of America www.sbbaa.org

National Sudden Infant Death Syndrome (SIDS) Awareness Month
SIDS Alliance www.sidsalliance.org

National UNICEF Month: Trick–or–Treat for UNICEF.

National Work and Family Month
Alliance for Work–Life Progress www.awlp.org
**National Wellness Institute’s**  
**2012 Health & Wellness Observances Calendar**

**Talk About Prescriptions Month**  
National Council on Patient Information and Education  
www.talkaboutrx.org

**Vegetarian Awareness Month**  
North American Vegetarian Society  
www.worldvegetarianday.org

**October 1** (annually same date)  
**International Day of Older Persons**  

**October 1** (first Monday in October)  
**Child Health Day**  
U.S. Dept. of Health and Human Services  
mchb.hrsa.gov

**World Habitat Day**  
UN Habitat  
www.unhabitat.org/

**October 3**  
**International Walk–to–School Day**  
National Center for Safe Routes to School  
www.walktoschool.org

**October 7 – 13**  
**National Mental Illness Awareness Week**  
American Psychiatric Association  
www.healthyminds.org  
NAMI – National Alliance on Mental Illness  
www.nami.org/miaw

**October 7 – 13** (Week including October 9 – Chicago Fire)  
**National Fire Prevention Week**  
National Fire Protection Association  
www.nfpa.org

**October 14 – 20** (second full week)  
**National School Lunch Week**  
School Nutrition Association  
www.schoolnutrition.org

**October 10** (always October 10)  
**World Mental Health Day**  
World Federation for Mental Health  
www.wfmh.org

**October 10** (always October 10)  
**Put the Brakes on Fatalities Day**  
The Transportation and Development Institute of the American Society of Civil Engineers (T&DI)  
www.brakesonfatalities.org

**October 21 – 27** (third week)  
**International Infection Prevention Week**  
Association for Professionals in Infection Control and Epidemiology, Inc.  
www.apic.org

**October 21 – 27** (third week)  
**National Health Education Week**  
Society for Public Health Education  
www.sophe.org

**October 21 – 27** (third week)  
**National Healthcare Quality Week**  
National Association for Healthcare Quality  
www.nahq.org/

**October 21 – 27** (third week)  
**Make Your Mark Week**  
(formerly Kids Care Week)  
GenerationOn Kids Care Clubs  
www.kidscare.org/about/kidsCareWeek

**October 16** (always Oct 16)  
**World Food Day**  
National Committee for World Food Day  
www.worldfooddayusa.org

**October 17** (always October 17)  
**International Day for the Eradication of Poverty**  
United Nations  
www.un.org/depts/dhl/poverty

**October 20** (same date annually)  
**World Osteoporosis Day**  
International Osteoporosis Foundation  
www.worldosteoporosisdiday.org

**October 19** (always third Fri in Oct)  
**National Mammography Day**  
American Cancer Society  
www.cancer.org or  
Susan G. Komen Breast Cancer Foundation  
www.komen.org
October 27 (fourth Sat in Oct)
Make a Difference Day
(celebrating people helping people)
www.makeadifferenceday.com

October 21 – 27 (fourth week)
National Consultant & Senior Care Pharmacists Week
American Society of Consultant Pharmacists
www.ascp.com

October 21 – 27 (last full week Oct)
National Respiratory Care Week
American Association for Respiratory Care
www.aarc.org

October 23 – 31 (same dates annually)
National Red Ribbon Celebration/
National Plant the Promise Week
(Campaign to keep kids off drugs)
National Family Partnership at
www.nfp.org

October 24 (same date annually)
Take Back Your Time Day
The Simplicity Forum
www.timeday.org/

October 26 (Wed of last week)
Lung Health Day
American Association for Respiratory Care
www.aarc.org

Diabetic Eye Disease Month
Prevent Blindness America
www.preventblindness.org

Great American Smokeout Month
American Cancer Society
www.cancer.org

National Alzheimer’s Disease Awareness Month
Alzheimer’s Disease and Related Disorders Association
www.alz.org

National Child Mental Health Month
c/o New York University Child Study Center
www.aboutourkids.org

National Epilepsy Awareness Month
Epilepsy Foundation of America
www.efa.org

National Family Caregivers Month
National Family Caregivers Association
www.nfcacares.org

National Healthy Skin Month
American Academy of Dermatology
www.aad.org

National Home Care Month
National Association for Home Care & Hospice
www.nahc.org

National Hospice Month
National Hospice and Palliative Care Organization
www.nhpco.org

Pancreatic Cancer Awareness Month
Pancreatic Cancer Action Network
www.pancan.org

Prematurity Awareness Month
March of Dimes Birth Defects Foundation
www.marchofdimes.com

November 11 – 17 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.org

NOVEMBER

For many, quitting smoking can be a long struggle. Continue to be supportive long after that last puff.

American Diabetes Month
American Diabetes Association
www.diabetes.org

Native American Heritage Month
Indian Health Service (HQ)
www.ihs.gov/index.cfm
nativeamericanheritagemonth.gov/
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 13</td>
<td>World Kindness Day</td>
<td><a href="http://www.worldkindness.org.sg">www.worldkindness.org.sg</a></td>
</tr>
<tr>
<td>November 14</td>
<td>World Diabetes Day</td>
<td>International Diabetes Federation <a href="http://www.worlddiabetesday.org">www.worlddiabetesday.org</a></td>
</tr>
<tr>
<td>November 15</td>
<td>America Recycles Day</td>
<td>National Recycling Coalition, Inc. <a href="http://www.americarecyclesday.org">www.americarecyclesday.org</a></td>
</tr>
<tr>
<td>November 15</td>
<td>Great American Smokeout</td>
<td>American Cancer Society <a href="http://www.cancer.org">www.cancer.org</a></td>
</tr>
<tr>
<td>November 17</td>
<td>International Survivors of Suicide Day</td>
<td>American Foundation for Suicide Prevention (AFSP) <a href="http://www.afsp.org/survivorday">www.afsp.org/survivorday</a></td>
</tr>
<tr>
<td>November 22</td>
<td>Tie One On For Safety Campaign</td>
<td>Mothers Against Drunk Driving (MADD) <a href="http://www.madd.org">www.madd.org</a></td>
</tr>
<tr>
<td>November 22</td>
<td>National Family Health History Day</td>
<td>U.S. Dept. of Health and Human Services <a href="http://www.hhs.gov/familyhistory/">www.hhs.gov/familyhistory/</a></td>
</tr>
<tr>
<td>November 22 – Jan 1</td>
<td>Tie One On For Safety Campaign</td>
<td>Mothers Against Drunk Driving (MADD) <a href="http://www.madd.org">www.madd.org</a></td>
</tr>
<tr>
<td>December 1</td>
<td>World AIDS Day</td>
<td>World AIDS Campaign <a href="http://www.worldaidscampaign.org">www.worldaidscampaign.org</a></td>
</tr>
<tr>
<td>December 2 – 8</td>
<td>Aplastic Anemia and MDS Week</td>
<td>Aplastic Anemia and MDS Internl, Inc. <a href="http://www.aamds.org">www.aamds.org</a></td>
</tr>
<tr>
<td>December 2 – 8</td>
<td>National Hand Washing Awareness Week</td>
<td>Henry the Hand Foundation <a href="http://www.henrythehand.com">www.henrythehand.com</a></td>
</tr>
<tr>
<td>December 4 – 10</td>
<td>National Influenza Vaccination Week</td>
<td><a href="http://www.cdc.gov/flu/nivw/">http://www.cdc.gov/flu/nivw/</a></td>
</tr>
<tr>
<td>December 5</td>
<td>International Volunteer Day</td>
<td>United Nations Volunteers <a href="http://www.unv.org">www.unv.org</a> <a href="http://www.worldvolunteerweb.org">www.worldvolunteerweb.org</a></td>
</tr>
</tbody>
</table>

**DECEMBER**

Wellness and health goals can easily be derailed during the holidays. Plan ahead to stay on track and avoid excess.

**International AIDS Awareness Month**
International HIV/AIDS Alliance www.aidsalliance.org/