Cervical Health Awareness Month  
National Cervical Cancer Coalition  
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  
www.aabb.org  
or  
American Red Cross  
www.redcross.org

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

January 3–9  
National Folic Acid Awareness Week  
National Council on Folic Acid  
folicacidinfo.org

January 18 (Martin Luther King Day)  
King Day of Service  
Corporation for National and Community Service  
www.mlkday.gov

January 24–30  
National Certified Nurse Anesthetists Week  
American Association of Nurse Anesthetists  
www.aana.com
National Wellness Institute’s  
2016 Health & Wellness Observances Calendar  

February 2016

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
American Dental Association
www.ada.org

Wise Health Consumer Month
American Institute for Preventive Medicine
www.healthylife.com

February 3 (First Wednesday in February)
National Girls & Women in Sports Day
Women’s Sports Foundation
www.womenssportsfoundation.org/en/home/advocate/ngwsd

February 5
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

February 14 – 20
National Cardiac Rehabilitation Week
AACVPR Office
www.aacvpr.org

February 14 – 20
Random Acts of Kindness Week
Random Acts of Kindness Foundation
www.randomactsofkindness.org

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

February 22 (Same date each year)
World Thinking Day
World Association of Girl Guides and Girl Scouts
www.worldthinkingday.org

February 23 – March 1
National Eating Disorders Awareness Week
National Eating Disorders Association
www.nationaleatingdisorders.org
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

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.restore sight.org

National Kidney Month
National Kidney Foundation
www.kidney.org

National Nutrition Month
Academy of Nutrition and Dietetics
www.eatright.org

National Problem Gambling Awareness Month
The National Council on Problem Gambling, Inc.
www.ncpgambling.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

National Athletic Training Month
National Athletic Training Association
www.nata.org

March 1 – 7
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

March 6 – 12 (week before daylight savings time)
National Sleep Awareness Week
National Sleep Foundation
www.sleepfoundation.org

March 6 – 12
National Pulmonary Rehabilitation Week
American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

March 7 – 11
National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

March 19
Kick Butts Day
Campaign for Tobacco–Free Kids
www.kickbuttsday.org

March 20 – 26
National Poison Prevention Week
Poison Prevention Council
www.poisonprevention.org

March 20
National Native HIV/AIDS Awareness Day
National Native American AIDS Prevention Center
www.nnaapc.org

March 22 (same date each year)
World Water Day
UN Water
www.unwater.org

March 22 (fourth Tuesday in March)
American Diabetes Alert Day
American Diabetes Association
www.diabetes.org
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>April 1 – 3</td>
<td>Alcohol-Free Weekend</td>
<td>National Council on Alcoholism and Drug Dependence, Inc.</td>
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<tr>
<td>April 4 – 10</td>
<td>National Youth Violence Prevention Week</td>
<td>National Association of SAVE</td>
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<tr>
<td>April 6</td>
<td>National Day of Hope</td>
<td>Childhelp</td>
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<tr>
<td>April 7</td>
<td>World Health Day</td>
<td>World Health Organization</td>
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<tr>
<td>April 9</td>
<td>National Alcohol Screening Day</td>
<td>Screening for Mental Health, Inc.</td>
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<tr>
<td>April 10</td>
<td>National Public Health Week</td>
<td>American Public Health Association</td>
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<tr>
<td>April 11 – 17</td>
<td>National Autism Awareness Month</td>
<td>Autism Society</td>
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<tr>
<td>April 11</td>
<td>National Cancer Control Month</td>
<td>American Cancer Society</td>
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<tr>
<td>April 11 – 17</td>
<td>National Child Abuse Prevention Month</td>
<td>Prevent Child Abuse America</td>
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<tr>
<td>April 11</td>
<td>Counseling Awareness Month</td>
<td>American Counseling Association (ACA)</td>
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<tr>
<td>April 17</td>
<td>National Donate Life Month</td>
<td>HRSA Information Center</td>
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<tr>
<td>April 22</td>
<td>Stress Awareness Month</td>
<td>American Counseling Association (ACA)</td>
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<tr>
<td>April 23</td>
<td>National Humor Month</td>
<td>Association for Applied and Therapeutic Humor</td>
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<tr>
<td>April 25</td>
<td>National Minority Health &amp; Health Disparities Month</td>
<td>Office of Minority Health Resource Center</td>
</tr>
<tr>
<td>April 26 – 30</td>
<td>Counseling Awareness Month</td>
<td>American Counseling Association (ACA)</td>
</tr>
<tr>
<td>April 30</td>
<td>World Health Day</td>
<td>World Health Organization</td>
</tr>
<tr>
<td>April 30</td>
<td>National Humor Day</td>
<td>Association for Applied and Therapeutic Humor</td>
</tr>
<tr>
<td>April 30</td>
<td>National Minority Health &amp; Health Disparities Month</td>
<td>Office of Minority Health Resource Center</td>
</tr>
</tbody>
</table>
### April, Continued

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Organization</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td>April 10 – 16</td>
<td>National Library Week</td>
<td>American Library Association</td>
<td><a href="http://www.ala.org">www.ala.org</a></td>
</tr>
<tr>
<td>April 10 – 16</td>
<td>National Volunteer Week</td>
<td>The Points of Light and Hands on Network</td>
<td><a href="http://www.PointsofLight.org">www.PointsofLight.org</a></td>
</tr>
<tr>
<td>April 15 – 17</td>
<td>Global Youth Service Day</td>
<td>Youth Service America</td>
<td><a href="http://www.gysd.org">www.gysd.org</a></td>
</tr>
<tr>
<td>April 17 – 23</td>
<td>National Environmental Education Week (eeeweek)</td>
<td>National Environmental Education Foundation</td>
<td><a href="http://www.eeweek.org">www.eeweek.org</a></td>
</tr>
<tr>
<td>April 14</td>
<td>International Moment of Laughter Day</td>
<td>Izzy Gesell, Wide Angle Humor</td>
<td><a href="http://www.izzyg.com">www.izzyg.com</a></td>
</tr>
<tr>
<td>April 16</td>
<td>National Healthcare Decisions Day</td>
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<td><a href="http://www.nhdd.org">www.nhdd.org</a></td>
</tr>
<tr>
<td>April 16 – 23</td>
<td>National Infant Immunization Week</td>
<td>CDC, National Immunization Program</td>
<td><a href="http://www.cdc.gov/vaccines/events/niiw/index.html">www.cdc.gov/vaccines/events/niiw/index.html</a></td>
</tr>
<tr>
<td>April 22</td>
<td>Earth Day</td>
<td>Earth Day Network</td>
<td><a href="http://www.earthday.net">www.earthday.net</a></td>
</tr>
<tr>
<td>April 23 – 29</td>
<td>Medical Fitness Week</td>
<td>Medical Fitness Association</td>
<td><a href="http://www.medicalfitness.org">www.medicalfitness.org</a></td>
</tr>
<tr>
<td>April 28</td>
<td>Take Your Daughters and Sons to Work Day</td>
<td>Daughters And Sons To Work® Day</td>
<td><a href="http://www.daughtersandsonstowork.org">www.daughtersandsonstowork.org</a></td>
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<tr>
<td>Month</td>
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<td>Website</td>
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<tr>
<td><strong>Asthma and Allergy Awareness Month</strong></td>
<td>Allergy and Asthma Foundation of America</td>
<td><a href="http://www.aafa.org">www.aafa.org</a></td>
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<tr>
<td><strong>Better Sleep Month</strong></td>
<td>The Better Sleep Council</td>
<td><a href="http://www.bettersleep.org">www.bettersleep.org</a></td>
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<tr>
<td><strong>Building Safety Month</strong></td>
<td>International Code Council</td>
<td><a href="http://www.iccsafe.org">www.iccsafe.org</a></td>
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<tr>
<td><strong>Correct Posture Month</strong></td>
<td>American Chiropractic Association Communications Department</td>
<td><a href="http://www.acatoday.org">www.acatoday.org</a></td>
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<tr>
<td><strong>Employee Health &amp; Fitness Month</strong></td>
<td>National Association for Health and Fitness, ACTIVE Life</td>
<td><a href="http://www.healthandfitnessmonth.com">www.healthandfitnessmonth.com</a></td>
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<tr>
<td><strong>Healthy Vision Month</strong></td>
<td>National Eye Institute</td>
<td><a href="http://www.nei.nih.gov/hvm">www.nei.nih.gov/hvm</a></td>
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<tr>
<td><strong>Hepatitis Awareness Month</strong></td>
<td>American Liver Foundation</td>
<td><a href="http://www.liverfoundation.org">www.liverfoundation.org</a></td>
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<tr>
<td><strong>Huntington's Disease Awareness Month</strong></td>
<td>Huntington's Disease Society of America</td>
<td><a href="http://www.hdsa.org">www.hdsa.org</a></td>
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<tr>
<td><strong>Lupus Awareness Month</strong></td>
<td>Lupus Foundation of America, Inc.</td>
<td><a href="http://www.lupus.org">www.lupus.org</a></td>
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<tr>
<td><strong>National Arthritis Month</strong></td>
<td>Arthritis Foundation</td>
<td><a href="http://www.arthritis.org">www.arthritis.org</a></td>
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<tr>
<td><strong>National Bike Month</strong></td>
<td>League of American Bicyclists</td>
<td><a href="http://www.bikeleague.org">www.bikeleague.org</a></td>
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<tr>
<td><strong>National High Blood Pressure Education Month</strong></td>
<td>NHLBI Information Center</td>
<td><a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a></td>
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<tr>
<td><strong>National Melanoma/Skin Cancer Awareness Month</strong></td>
<td>American Academy of Dermatology</td>
<td><a href="http://www.aad.org">www.aad.org</a> or <a href="http://www.skincancer.org">www.skincancer.org</a></td>
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<tr>
<td><strong>National Mental Health Month</strong></td>
<td>National Mental Health Association</td>
<td><a href="http://www.nmha.org">www.nmha.org</a></td>
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<tr>
<td><strong>National Osteoporosis Month</strong></td>
<td>National Osteoporosis Foundation</td>
<td><a href="http://www.nof.org">www.nof.org</a></td>
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<tr>
<td><strong>National Physical Fitness and Sports Month</strong></td>
<td>President's Council on Fitness, Sports, and Nutrition</td>
<td><a href="http://www.fitness.gov">www.fitness.gov</a></td>
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<tr>
<td><strong>National Stroke Awareness Month</strong></td>
<td>National Stroke Association</td>
<td><a href="http://www.stroke.org">www.stroke.org</a></td>
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<tr>
<td><strong>National Teen Pregnancy Prevention Month</strong></td>
<td>Advocates for Youth</td>
<td><a href="http://www.advocatesforyouth.org">www.advocatesforyouth.org</a></td>
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<tr>
<td><strong>Older Americans Month</strong></td>
<td>U.S. Dept. of Health and Human Services Administration for Community Living</td>
<td><a href="http://www.acl.gov">www.acl.gov</a></td>
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<td>Date</td>
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<tr>
<td>May 1 – 7</td>
<td>National Physical Education and Sports Week</td>
<td>National Association for Sport and Physical Education</td>
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<td><a href="http://www.shapeamerica.org">www.shapeamerica.org</a></td>
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<td>May 4</td>
<td>Project Aces Day (All Children Exercise Simultaneously)</td>
<td>Youth Fitness Coalition, Inc.</td>
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<td><a href="http://www.projectaces.com">www.projectaces.com</a></td>
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<td>May 6 – 12</td>
<td>National Nurses Week</td>
<td>American Nurses Association</td>
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<td><a href="http://www.nursingworld.org">www.nursingworld.org</a></td>
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<tr>
<td>May 8 – 14</td>
<td>Be Kind to Animals Week</td>
<td>Canadian Federation of Humane Societies</td>
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<td><a href="http://www.cfhs.ca">www.cfhs.ca</a></td>
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<td>American Humane Association</td>
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<td><a href="http://www.americanhumane.org">www.americanhumane.org</a></td>
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<tr>
<td>May 8 – 14</td>
<td>North American Occupational Safety and Health Week (NAOSH)</td>
<td>American Society of Safety Engineers</td>
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<td><a href="http://www.asse.org/naosh">www.asse.org/naosh</a></td>
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<tr>
<td>May 8</td>
<td>World Red Cross/Red Crescent Day</td>
<td>American Red Cross</td>
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<td><a href="http://www.redcross.org">www.redcross.org</a></td>
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<td>May 8 – 14</td>
<td>National Nursing Home Week</td>
<td>American Health Care Association</td>
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<td><a href="http://www.nnhw.org">www.nnhw.org</a></td>
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<tr>
<td>May 8 – 14</td>
<td>Women's Health Week</td>
<td>Office on Women's Health Department of Health and Human Services</td>
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<td><a href="http://www.cdc.gov/women/">www.cdc.gov/women/</a></td>
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<td>May 9 – 15</td>
<td>National Hospital and Healthcare Week</td>
<td>American Hospital Association</td>
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<td><a href="http://www.aha.org">www.aha.org</a></td>
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<td>May 9 – 15</td>
<td>National Volunteer Week – Australia</td>
<td>Volunteering Australia</td>
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<td><a href="http://www.volunteeringaustralia.org">www.volunteeringaustralia.org</a></td>
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<tr>
<td>May 11</td>
<td>School Nurse Day</td>
<td>American Nurses Association</td>
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<td><a href="http://www.nasn.org">www.nasn.org</a></td>
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<tr>
<td>May 14</td>
<td>World Fair Trade Day</td>
<td>World Fair Trade Association (WFTO)</td>
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<td><a href="http://www.wfto.com">www.wfto.com</a></td>
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<td>May 16 – 20</td>
<td>Bike to Work Week</td>
<td>League of American Bicyclists</td>
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<td><a href="http://www.bikeleague.org">www.bikeleague.org</a></td>
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<tr>
<td>May 20</td>
<td>World Autoimmune Arthritis Day</td>
<td>The International Foundation for Autoimmune Arthritis</td>
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<td></td>
<td><a href="http://www.WorldAutoimmuneArthritisDay.org">www.WorldAutoimmuneArthritisDay.org</a></td>
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<tr>
<td>May 25</td>
<td>National Senior Health &amp; Fitness Day</td>
<td>American Health Care Association</td>
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<td><a href="http://www.nnhw.org">www.nnhw.org</a></td>
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</table>
(June & July)
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworksafety.com

Cataract Awareness Month
Prevent Blindness America
www.preventblindness.org

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

Migraine and Headache Awareness Month
National Headache Foundation
www.headaches.org

June 4 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org

June 5 (first Sunday in June)
National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncsdf.org

June 12 (second Sunday in June)
National Children's Day
www.nationalchildrensday.us

June 13 – 19 (ending with Father’s Day)
National Men’s Health Week
National Men's Health Network
www.menshealthweek.org

June 14 (same date annually)
World Blood Donor Day
www.who.int/world-blood-donor-day

June 27 – 29
41st Annual National Wellness Conference
National Wellness Institute, Inc.
St. Paul, MN
www.nationalwellness.org/Conference

June 27 (same date annually)
National HIV Testing Day
AIDS.gov
www.aids.gov

June
World Environment Day
United Nations Environment Programme (UNEP)
www.unep.org/wed
JULY 2016

June & July
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworkssafety.org

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

National Park and Recreation Month
National Recreation and Park Association
www.nrpa.org

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

July 12 – 18
Every Body Deserves a Massage Week
Associated Bodywork & Massage Professionals
www.abmp.com

AUGUST 2016

Children's Eye Health and Safety Month
American Academy of Ophthalmology
www.aao.org

Medic Alert Awareness Month
www.medicalert.org

National Breastfeeding Month
United States Breastfeeding Committee
www.usbreastfeeding.org/

National Immunization Awareness Month
Center for Disease Control & Prevention
www.cdc.gov/vaccines

August 1 – 7 (same dates annually)
World Breastfeeding Week
La Leche League International
www.llli.org

August 2
National Night Out
National Association of Town Watch
www.natw.org

August 7 – 13 (second week in August)
National Health Center Week
National Association of Community Health Centers, Inc.
www.healthcenterweek.com

August 9
International Day of the World's Indigenous People
United Nations
www.unesco.org
<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date Range</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Association Memory Walk</td>
<td>Fall weekend</td>
<td>Contact your local Alzheimer’s Association or visit <a href="http://www.alz.org">www.alz.org</a></td>
</tr>
<tr>
<td>Baby Safety Awareness Month</td>
<td></td>
<td>Juvenile Product Manufacturers Association <a href="http://www.jpma.org">www.jpma.org</a></td>
</tr>
<tr>
<td>Blood Cancer Awareness Month</td>
<td></td>
<td>Leukemia and Lymphoma Society of America <a href="http://www.lls.org">www.lls.org</a></td>
</tr>
<tr>
<td>Childhood Cancer Awareness Month</td>
<td></td>
<td>CureSearch for Children's Cancer <a href="http://www.curesearch.org">www.curesearch.org</a></td>
</tr>
<tr>
<td>Healthy Aging™ Month</td>
<td></td>
<td>Healthy Aging Campaign Educational Television Network, Inc. <a href="http://www.healthyaging.net">www.healthyaging.net</a></td>
</tr>
<tr>
<td>National Recovery Month</td>
<td></td>
<td>Substance Abuse and Mental Health Services Administration (SAMHSA) National Clearinghouse for Alcohol and Drug Information <a href="http://www.recoverymonth.gov">www.recoverymonth.gov</a></td>
</tr>
<tr>
<td>National Childhood Obesity Awareness Month</td>
<td></td>
<td>President’s Council on Fitness, Sports &amp; Nutrition <a href="http://www.fitness.gov">www.fitness.gov</a></td>
</tr>
<tr>
<td>National Cholesterol Education Awareness Month</td>
<td></td>
<td>National Heart, Lung, &amp; Blood Institute <a href="http://www.cdc.gov/features/cholesterolawareness/">www.cdc.gov/features/cholesterolawareness/</a></td>
</tr>
<tr>
<td>National Food Safety Education Month</td>
<td></td>
<td>National Restaurant Association Education Foundation <a href="http://www.foodsafetymonth.com">www.foodsafetymonth.com</a></td>
</tr>
<tr>
<td>National Ovarian Cancer Awareness Month</td>
<td></td>
<td>National Ovarian Cancer Coalition, Inc. <a href="http://www.ovariancancerawareness.org">www.ovariancancerawareness.org</a></td>
</tr>
<tr>
<td>National Menopause Awareness Month</td>
<td></td>
<td>North American Menopause Society <a href="http://www.menopause.org">www.menopause.org</a></td>
</tr>
<tr>
<td>National Sickle Cell Disease Awareness Month</td>
<td></td>
<td>Sickle Cell Disease Association of America, Inc. <a href="http://www.sicklecelldisease.org">www.sicklecelldisease.org</a></td>
</tr>
<tr>
<td>National Yoga Month</td>
<td></td>
<td>Yoga Health Foundation <a href="http://www.yogamonth.org">www.yogamonth.org</a></td>
</tr>
<tr>
<td>Prostate Health Month</td>
<td></td>
<td>Prostate Cancer Foundation <a href="http://www.pcf.org">www.pcf.org</a></td>
</tr>
<tr>
<td>Sports and Home Eye Safety Month</td>
<td></td>
<td>Prevent Blindness America <a href="http://www.preventblindness.org">www.preventblindness.org</a></td>
</tr>
</tbody>
</table>

SEPTEMBER CONTINUED >
(SEPTEMBER, CONTINUED)

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.healthychildren.org
Safe Kids Worldwide
www.safekids.org

September 5 – 11 (week of Sept. 10)
Suicide Prevention Week
American Association of Suicidology
www.suicidology.org

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

September 11 – 17
National Assisted Living Week
National Center for Assisted Living
www.nalw.org

September 18 – 24 (third week in September)
National Rehabilitation Week
National Rehabilitation Awareness Foundation
www.nraf-rehabnet.org/

September 18 – 24 (third week in September)
National Farm Safety and Health Week
National Educational Center for Agricultural Safety
www.necasag.org

September 21 (third Wednesday)
Backpack Awareness Day
The American Occupational Therapy Association
www.aota.org

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

September 24 (last Saturday)
Family Health and Fitness Day USA
Health Information Resource Center
www.fitnessday.com/family

September 24 (last Saturday)
National Public Lands Day
National Public Lands Day
www.publiclandsday.org

September 25 – October 1 (last week in September)
Active Aging Week
International Council on Active Aging
www.icaa.cc

September 28 (last Wednesday)
National Women’s Health & Fitness Day
Health Information Resource Center
www.fitnessday.com/women
National Wellness Institute’s
2016 Health & Wellness Observances Calendar

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 
http://nutrition.wsu.edu/ETEB/

Children’s Health Month
Office of Children’s Health Protection 
U.S. Environmental Protection Agency 
www2.epa.gov/children/childrens-health-month

Domestic Violence Awareness Month
National Resource Center for Domestic Violence 
www.nrcdv.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
National Breast Cancer Foundation 
www.nationalbreastcancer.org

National Bullying Prevention Month
PACER’s National Bullying Prevention Center 
www.pacer.org/bullying/

National Chiropractic Month
American Chiropractic Association 
www.acatoday.org

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/odep

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 Awareness Month
Spina Bifida Association of America 
www.spinabifidaassociation.org

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

National UNICEF Month: Trick–or–Treat for UNICEF.
National Office of the US Fund for UNICEF 
www.unicefusa.org
National Wellness Institute's
2016 HEALTH & WELLNESS OBSERVANCES CALENDAR

(OCTOBER, CONTINUED)

National Work and Family Month
Alliance for Work–Life Progress
www.awlp.org

Talk About Your Medicines Month
National Council on Patient Information and Education
www.talkabouttrx.org

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

October 1 (annually same date)
International Day of Older Persons
www.un.org/en/events/olderpersonsday

October 2 – 8 (first full week in October)
National Mental Illness Awareness Week
American Psychiatric Association
www.psychiatric.org
NAMI – National Alliance on Mental Illness
www.nami.org/miaw

October 3 (first Monday in October)
Child Health Day
U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 3 (first Monday in October)
World Habitat Day
UN Habitat  www.unhabitat.org/

October 5
International Walk–to–School Day
National Center for Safe Routes to School
www.walktoschool.org

October 9 – 15 (week including October 9 – Chicago Fire)
National Fire Prevention Week
National Fire Protection Association
www.nfpa.org

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

October 10 (same date annually)
Put the Brakes on Fatalities Day
www.brakesonfatalities.org

October 10 – 14 (second full week)
National School Lunch Week
School Nutrition Association
www.schoolnutrition.org

October 11 – 14 (week of Columbus Day)
National Consultant Pharmacy Week
American Society of Consultant Pharmacists
www.ascp.com

October 16 – 22 (third full week in October)
International Infection Prevention Week
Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 10 – 14 (second full week)
National School Lunch Week
School Nutrition Association
www.schoolnutrition.org

October 11 – 14 (week of Columbus Day)
National Consultant Pharmacy Week
American Society of Consultant Pharmacists
www.ascp.com

October 16 – 22 (third full week in October)
International Infection Prevention Week
Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 10 – 14 (second full week)
National School Lunch Week
School Nutrition Association
www.schoolnutrition.org

October 11 – 14 (week of Columbus Day)
National Consultant Pharmacy Week
American Society of Consultant Pharmacists
www.ascp.com

October 16 – 22 (third full week in October)
International Infection Prevention Week
Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 17 (same date annually)
International Day for the Eradication of Poverty
United Nations
www.un.org/en/events/povertyday

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

October 22 (same date annually)
Food Day
Center for Science in the Public Interest
www.foodday.org

October 22 (fourth Saturday in October)
Make a Difference Day
www.makeadifferenceday.com

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

October 23 – 29 (last full week October)
National Respiratory Care Week
American Association for Respiratory Care
www.aarc.org
American Diabetes Month
American Diabetes Association
www.diabetes.org

Native American Heritage Month
http://nativeamericanheritagemonth.gov/

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

Lung Cancer Awareness Month
American Cancer Society
www.cancer.org

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

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

National Family Caregivers Month
National Family Caregivers Association
www.nfca.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 and Palliative Care Month
National Hospice and Palliative Care Organization
www.nhpc.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 12
World Pneumonia Day
www.worldpneumoniaday.org

November 13
World Kindness Day
Random Acts of Kindness
www.randomactsofkindness.org

November 14 (same date annually)
World Diabetes Day
International Diabetes Federation
www.worlddiabetesday.org

November 14 – 18 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.org

November 15 (same date annually)
National Philanthropy Day
Association of Fundraising Professionals
www.npdlove.com

November 15 (same date annually)
America Recycles Day
National Recycling Coalition, Inc.
www.americarecyclesday.org

November 17 (third Thursday)
Great American Smokeout
American Cancer Society
www.cancer.org

November 19 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday

November 24 (always Thanksgiving Day)
National Family Health History Day
U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

November 24 – January 1
(T.U.S. Thanksgiving - New Year’s Day)
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.org
December 2016

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

National Drunk and Drugged Driving Prevention (3D) Month
National Highway Traffic Safety Administration
www.nhtsa.gov/StopImpairedDriving

Safe Toys and Gifts Month
Prevent Blindness America
www.preventblindness.org

December 1 (same date annually)
World AIDS Day
AIDS.gov
www.aids.gov

December 4 – 10 (first full week of December)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 4 – 10
National Influenza Vaccination Week
www.cdc.gov/flu/nivw/

December 5 (same date annually)
International Volunteer Day
United Nations Volunteers
www.unv.org
www.worldvolunteerweb.org

December 10 (same date annually)
Human Rights Day
United Nations Human Rights
www.ohchr.org

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