JANUARY 2014

Continue to spread the holiday cheer by giving back to your community.
Start the new year by helping a health- or wellness-related service organization in your area.

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 5 – 11
National Folic Acid Awareness Week
National Council on Folic Acid
folicacidinfo.org

January 19 – 25 (third week of January)
Healthy Weight Week
Healthy Weight Network
www.healthyweightnetwork.com

January 19 – 25
National Certified Nurse Anesthetists Week
American Association of Nurse Anesthetists
www.aana.com

January 20 (Martin Luther King Day)
King Day of Service (annually)
Corporation for National and Community Service
www.mlkday.gov
Let all the red hearts you see in stores this month be a reminder to make heart healthy choices year-round!

FEBRUARY 2014

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 6
National Girls & Women in Sports Day
Women's Sports Foundation
www.womenssportsfoundation.org/en/home/advocate/ngwsd

February 7
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 9 – 15
National Cardiac Rehabilitation Week
AACVPR Office
www.aacvpr.org

February 10 – 16
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
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

Late February – Early April
Collegiate Safe Spring Break Programming
The Bacchus Network National Office
www.bacchusnetwork.org
MARCH 2014

Increasing demands and our busy schedules make proper sleep incredibly important. Consistent bedtimes aren’t just for the kids anymore!

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 Poison Prevention Month
Poison Prevention Council
www.poisonprevention.org
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

National Athletic Trainers Month
National Athletic Trainers’ Association
www.nata.org

March 2 – 8
National Collegiate Health and Wellness Week
The Bacchus Network National Office
www.bacchusnetwork.org

March 2 – 8
National Problem Gambling Awareness Week
The National Council on Problem Gambling, Inc.
www.ncpgambling.org

March 2 – 9 (week before daylight savings time)
National Sleep Awareness Week
National Sleep Foundation
www.sleepfoundation.org

March 3 – 7
National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

March 9 – 15
National Pulmonary Rehabilitation Week
American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

March 16 – 22
National Poison Prevention Week
Poison Prevention Council
www.poisonprevention.org

March 20 (third Thursday)
Companies that Care Day
Center for Companies that Care
www.companies-that-care.org

MARCH CONTINUED >
March 19
Kick Butts Day
Campaign for Tobacco–Free Kids
www.kickbuttsday.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 22
World Water Day
RC International Water and Sanitation Centre
www.unwater.org

March 25 (fourth Tuesday in March)
American Diabetes Alert Day
American Diabetes Association
www.diabetes.org

March 30 – April 5
National Week of the Ocean
National Week of the Ocean Website
www.national-week-of-the-ocean.org/

APRIL 2014

Find health through laughter both physically and mentally this April during National Humor Month. Discover why laughter can often be the best medicine!

National Alcohol Awareness Month
SAMSHA’s National Clearinghouse for Alcohol & Drug Information
www.ncadd.org

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

National Autism Awareness Month
Autism Society
http://www.autism-society.org

National Humor Month
Association for Applied and Therapeutic Humor
www.aath.org

National Cancer Control Month
Contact your local chapter or American Cancer Society
www.cancer.org

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

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

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

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

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

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

Late February – Early April
Safe Spring Break Programming
The BACCHUS Network
www.bacchusnetwork.org
American College Health Association
www.acha.org/index.cfm
April 2
**International Children’s Book Day**
International Board on Books for Young People
Basel, Switzerland
www.ibby.org/index.php?id=269

April 2 (first Wednesday of April)
**National Day of Hope**
Childhelp USA National Hdqtrs
www.childhelpusa.org

April 4 – 6 (first weekend in April)
**Alcohol-Free Weekend**
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 6 – 13 (third week of April)
**National Volunteer Week**
The Points of Light and Hands on Network
www.PointsofLight.org

April 7
**World Health Day**
World Health Organization
www.who.org or www.paho.org

April 7– 11
**National Youth Violence Prevention Week**
National Association of SAVE
www.nationalsave.org

April 7 – 13
**National Public Health Week**
American Public Health Association
www.nphw.org

April 10
**Siblings Day**
Siblings Day Foundation
www.siblingday.org/bodyframe.htm

April 10
**National Alcohol Screening Day**
Screening for Mental Health, Inc.
www.mentalhealthscreening.org

April 11-13
**Global Youth Service Day**
Youth Service America
www.gysd.org

April 13 – 19
**National Library Week**
American Library Association
www.ala.org

April 14 – 19
**National Environmental Education Week (eeweek)**
National Environmental Education Foundation
www.eeweek.org

April 14 – 20
**National Minority Cancer Awareness Week**
National Cancer Institute
Public Inquiries Office
cancernet.nci.nih.gov

April 15
**International Moment of Laughter Day**
Izzy Gesell, Wide Angle Humor
www.izzyq.com

April 16 (same date annually)
**National Healthcare Decisions Day**
www.nhdd.org

April 21 – 27
**Medical Fitness Week**
Medical Fitness Association
www.medicalfitness.org

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

April 24 (fourth Thursday April)
**Take Your Daughters and Sons to Work Day**
Daughters And Sons To Work® Day
www.daughtersandsonstowork.org

April 25 (fourth Friday in April)
**Remember Children Lost to Violence**
Child Welfare League of America
www.cwla.org

April 26 – May 3
**National Infant Immunization Week**
CDC, National Immunization Program
www.cdc.gov/vaccines/events/niiw/index.html
May 2014

Breathe in that beautiful spring air during May’s Clean Air Month and appreciate all that nature and the environment provide for our wellness. What can you do to help keep air clean?

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

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

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 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
www.aahperd.org

MAY CONTINUED >
May 3 (first Saturday in May)
**Join Hands Day: Youth and Adults Volunteering Together**
Points of Light and Hands on Network
[www.joinhandsday.org](http://www.joinhandsday.org)

May 4 – 10 (first full week in May)
**International Building Safety Week**
International Code Council Foundation
[www.icc–foundation.org](http://www.icc–foundation.org)

May 4 – 10 (first full week in May)
**Be Kind to Animals Week**
Canadian Federation of Humane Societies
[www.cfhs.ca](http://www.cfhs.ca)
American Humane Association
[www.americanhumane.org/](http://www.americanhumane.org/)

May 4 – 10 (first full week in May)
**North American Occupational Safety and Health Week (NAOSH)**
American Society of Safety Engineers
[www.asse.org/naosh](http://www.asse.org/naosh)

May 5 – 11 (same date annually)
**National Nurses Week**
American Nurses Association
[www.nursingworld.org](http://www.nursingworld.org)

May 7 (first Wednesday in May)
**Project Aces Day**
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
[www.projectaces.com](http://www.projectaces.com)

May 7 (during National Nurses Week)
**School Nurse Day**
[www.nasn.org](http://www.nasn.org)

May 8 (same date annually)
**World Red Cross/Red Crescent Day**
American Red Cross
Or contact your local chapter
[www.redcross.org](http://www.redcross.org)

May 11 – 17 (Mother’s Day week)
**National Nursing Home Week**
American Health Care Association
[http://www.nnhw.org](http://www.nnhw.org)

May 11 – 17 (Mother’s Day week)
**Women’s Health Week**
Office on Women’s Health
Department of Health and Human Services
[www.womenshealth.gov](http://www.womenshealth.gov)

May 10
**World Fair Trade Day**
World Fair Trade Association (WFTO)
[www.wfto.com](http://www.wfto.com)

May 11 – 17
**National Hospital and Healthcare Week**
American Hospital Association
[www.aha.org](http://www.aha.org)

May 12 – 18
**National Volunteer Week – Australia**
The Center for Volunteering

May 12 – 16
**Bike to Work Week**
(Bike to Work Day: May 16)
League of American Bicyclists
[www.bikeleague.org](http://www.bikeleague.org)

May 21 (third Wednesday)
**National Employee Health and Fitness Day**
National Association for Health and Fitness
[www.physicalfitness.org](http://www.physicalfitness.org)

May 20
**World Autoimmune Arthritis Day**
The International Foundation for Autoimmune Arthritis
[www.worldautoimmunearthritisday.org](http://www.worldautoimmunearthritisday.org)

May 25– 31 (last full week in May)
**Older Americans Mental Health Week**
Older Women’s League
[www.owl–national.org](http://www.owl–national.org)

May 28 (last Wednesday in May)
**National Senior Health & Fitness Day**
[www.fitnessday.com](http://www.fitnessday.com)
JUNE 2014

Join hundreds of health and wellness professionals at the 39th Annual National Wellness Conference in Minneapolis this month.

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

National Great Outdoors Month
American Recreation Coalition
www.funoutdoors.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 1 (same date annually)
Stand for Children Day
www.stand.org

June 1
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 7 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org

June 8 (second Sunday in June)
National Children’s Day
www.nationalchildrensday.us

June 9 – 15 (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.redcrossblood.org/world-blood-donor-day

June 23 – 26 (Pre-Conferences starts June 21)
39th Annual National Wellness Conference
National Wellness Institute, Inc.
New location: Minneapolis, MN
www.nationalwellness.org/Conference

June 27 (same date annually)
National HIV Testing Day
AIDS.gov
www.aids.gov
**JULY 2014**

*Take a moment in your schedule to explore what our national parks have to offer! They’re perfect for those looking for a new outlet for wellness!*

**Fireworks Safety Month**  
National Council on Fireworks Safety  
[www.fireworkssafety.org](http://www.fireworkssafety.org)

**Eye Injury Prevention Month**  
Federal Occupational Health  
[www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp](http://www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp)

**UV Safety Month**  
American Academy of Ophthalmology  
[www.aao.org](http://www.aao.org)

**National Park and Recreation Week**  
National Park and Recreation Association  
[www.nrpa.org](http://www.nrpa.org)

**July 13 – 19**  
**Every Body Deserves a Massage Week**  
Associated Bodywork & Massage Professionals  
[www.abmp.com](http://www.abmp.com)

**AUGUST 2014**

*Celebrate the community health centers that assist millions in need of basic health services every day. What can you do to help raise awareness of the services and resources they provide?*

**Cataract Awareness Month**  
American Academy of Ophthalmology  
[www.aao.org](http://www.aao.org)

**Medic Alert Awareness Month**  
[www.medicalert.org](http://www.medicalert.org)

**National Breastfeeding Month**  
United States Breastfeeding Committee  
[www.usbreastfeeding.org/](http://www.usbreastfeeding.org/)

**National Immunization Awareness Month**  
Center for Disease Control & Prevention  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

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

**August 1 – 7**  
**World Breastfeeding Week**  
La Leche League International  
[www.llli.org/](http://www.llli.org/)

**August 3 – 9**  
**National Health Center Week**  
National Association of Community Health Centers, Inc.  
[www.healthcenterweek.com](http://www.healthcenterweek.com)

**August 5**  
**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**  
United Nations  
[www.unesco.org](http://www.unesco.org)
SEPTEMBER 2014

Farmers markets are brimming with produce ripe and ready to eat this month. Find one new way you can incorporate extra fruit and veggies during your week!

Alzheimer’s Association Memory Walk (Fall weekend)
Dates vary depending location. Contact your local Alzheimer’s Association or visit 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

Baby Safety Awareness Month
Juvenile Product Manufacturers Association www.jpma.org

BioDiversity Month

Childhood Cancer Awareness Month
CureSearch for Children’s Cancer www.curesearch.org

Fruit & Veggie Month

Healthy Aging™ Month
Healthy Aging Campaign Educational Television Network, Inc. www.healthyaging.net

Leukemia & Lymphoma Awareness Month
Leukemia and Lymphoma Society of America www.leukemia-lymphoma.org

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

National Childhood Obesity Awareness Month
President’s Council on Fitness, Sports & Nutrition www.fitness.gov

National Cholesterol Education Awareness Month
National Heart, Lung, & Blood Institute www.cdc.gov/features/cholesterolawareness/

National Food Safety Education Month

National Ovarian Cancer Awareness Month
National Ovarian Cancer Coalition, Inc. www.ovarian.org

National Menopause Awareness Month
North American Menopause Society www.menopause.org

National Pain Awareness Month
American Pain Foundation www.painfoundation.org

National Preparedness Month

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

SEPTEMBER CONTINUED >
National Wellness Institute’s 2014 Health & Wellness Observances Calendar

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.safekids.org/

September 7 – 13 (first full week in September)
Suicide Prevention Week
American Association of Suicidology
www.suicidology.org

September 7 – 14
National Assisted Living Week
National Center for Assisted Living
www.nalw.org

September 7 (same date annually)
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 14-20 (third week in September)
National Rehabilitation Week
National Rehabilitation Awareness Foundation
www.nraf-rehabnet.org/

September 16 (third Tuesday)
Take A Loved One to the Doctor Day
National Health Information Center
http://blackamericaweb.com/category/dr-day/

September 17 (third Wednesday)
Backpack Awareness Day
The American Occupational Therapy Association
www.aota.org

September 21-27 (third week in September)
National Farm Safety and Health Week
National Educational Center for Agricultural Safety
www.nsc.org/necas

September 21 – 27 (last full week)
Active Aging Week
International Council on Active Aging
www.icaa.cc

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

September 24 (last Wednesday)
National Women’s Health & Fitness Day
Health Information Resource Center
www.fitnessday.com/women

September 27 (last Saturday)
Family Health and Fitness Day USA
Health Information Resource Center
www.fitnessday.com/family

September 27 (last Saturday)
National Public Lands Day
National Public Lands Day
www.publiclandsday.org
Inevitably, children will be candy-focused this Halloween, but in honor of National Child Health month, try to find ways to provide healthy alternatives to those sweet treats.

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
yosemite.epa.gov/ochp/ochpweb.nsf/content/chm-home.htm

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

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

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.sbaa.org

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

OCTOBER CONTINUED >
National UNICEF Month: Trick–or–Treat for UNICEF.
National Office of the US Fund for UNICEF
www.unicefusa.org

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

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 5 – 11 (first full week in October)
National Mental Illness Awareness Week
American Psychiatric Association
www.healthyminds.org
NAMI – National Alliance on Mental Illness
www.nami.org/miaw

October 5 – 11 (week including October 9 – Chicago Fire)
National Fire Prevention Week
National Fire Protection Association
www.nfpa.org

October 6 (first Monday in October)
Child Health Day
U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 6 (first Monday in October)
World Habitat Day
UN Habitat www.unhabitat.org/

October 8
International Walk–to–School Day
National Center for Safe Routes to School
www.walktoschool.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 13 – 19 (second full week)
National School Lunch Week
School Nutrition Association
www.schoolnutrition.org

October 14 – 17 (week of Columbus Day)
National Consultant Pharmacy Week
American Society of Consultant Pharmacists
www.ascp.com

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

October 19 – 25 (third full week in October)
International Infection Prevention Week
Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 19 – 25 (third week in October)
National Health Education Week
Society for Public Health Education
www.sophe.org/NHEW.cfm

October 19 – 25 (third week in October)
National Healthcare Quality Week
National Association for Healthcare Quality
www.nahq.org/

October 19 – 25 (last full week October)
National Respiratory Care Week
American Association for Respiratory Care
www.aarc.org

October 20 (same date annually)
World Osteoporosis Day
International Osteoporosis Foundation
www.worldosteoporosisday.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
NOVEMBER 2014

November 13 is World Kindness Day! While we should strive to be kind to others all year, use this day to do something particularly kind and generous for someone!

American Diabetes Month
American Diabetes Association
www.diabetes.org

Native American Heritage Month
Indian Health Service (HQ)
www.ihs.gov/index.cfm
http://nativeamericanheritagemonth.gov/

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 13
World Kindness Day
Waves of Kindness
www.wavesofkindness.org

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

November 15 (same date annually)
National Philanthropy Day
Association of Fundraising Professionals

NOVEMBER CONTINUED >
November 15 (same date annually)
America Recycles Day
National Recycling Coalition, Inc.
www.americareyclesday.org

November 17 – 23 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.org

November 20 (third Thursday)
Great American Smokeout
American Cancer Society
www.cancer.org

November 22 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday

November 27 (always Thanksgiving Day)
National Family Health History Day
U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

November 27 – January 1
(T.U.S. Thanksgiving - New Year’s Day)
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.org

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

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

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

December 1 (same date annually)
World AIDS Day
World AIDS Campaign
www.worldaidscampaign.org

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

DECEMBER 2014

In this month of giving, please remember the millions throughout the world
who are denied basic human rights. Give the gift of hope to those in need this season.

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

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

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

December 7 – 13 (first full week of December)
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

December 7 – 13 (first full week of December)
National Hand Washing
Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 7 – 13
National Influenza Vaccination Week
www.cdc.gov/flu/nivw/

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