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 16 (Martin Luther King Day)
King Day of Service
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
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

National Condom Month
American Sexual Health Association
www.ashasexualhealth.org

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

February 1 (First Wednesday in February)
National Girls & Women in Sports Day
Women’s Sports Foundation
www.womenssportsfoundation.org/en/home/advocate/ngwsd

February 3
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 12 – 18
National Cardiac Rehabilitation Week
AACVPR Office
www.aacvpr.org

February 12 – 18
Random Acts of Kindness Week
Random Acts of Kindness Foundation
www.randomactsofkindness.org

February 22 (Same date each year)
World Thinking Day
World Association of Girl Guides and Girl Scouts
www.worldthinkingday.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.restoreeyesight.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 – 6
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

March 5 – 11 (week before daylight savings time)
National Sleep Awareness Week
National Sleep Foundation
www.sleepfoundation.org

March 6 – 10
National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

March 12 – 18
National Pulmonary Rehabilitation Week
American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

March 15
Kick Butts Day
Campaign for Tobacco–Free Kids
www.kickbuttsday.org

March 19 – 25
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 28 (fourth Tuesday in March)
American Diabetes Alert Day
American Diabetes Association
www.diabetes.org

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National Wellness Institute’s
2017 HEALTH & WELLNESS OBSERVANCES CALENDAR

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

National Autism Awareness Month
Autism Society
www.autism-society.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/topics/preventing/preventionmonth

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

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

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

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

Women’s Eye Health and Safety Month
Prevent Blindness America
www.preventblindness.org

Testicular Cancer Awareness Month
www.testicularcancerawarenessmonth.com

April 1 – 3 (first weekend in April)
Alcohol-Free Weekend
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 3 – 7
National Youth Violence Prevention Week
National Association of SAVE
www.nationalsave.org

April 3 – 9
National Public Health Week
American Public Health Association
www.nphw.org

April 5 (first Wednesday of April)
National Day of Hope
Childhelp
www.childhelp.org

April 6
National Alcohol Screening Day
Screening for Mental Health, Inc.
www.mentalhealthscreening.org
(APRIL, CONTINUED)

April 7 (same date each year)
World Health Day
World Health Organization
www.who.org or www.paho.org

April 9 – 15
National Library Week
American Library Association
www.ala.org

April 14 (same date annually)
International Moment of Laughter Day
Izzy Gesell, Wide Angle Humor
www.izzyg.com

April 16 – 22
National Environmental Education Week
(eeweek)
National Environmental Education Foundation
www.eeweek.org

April 21 – 23
Global Youth Service Day
Youth Service America
www.gysd.org

April 23 – 29 (third week of April)
National Volunteer Week
The Points of Light and Hands on Network
www.PointsofLight.org

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

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

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

April 24 – 30
Medical Fitness Week
Medical Fitness Association
www.medicalfitness.org

April 27 (fourth Thursday April)
Take Your Daughters and Sons to Work Day
Daughters And Sons To Work® Day
www.daughtersandsonstowork.org
National Wellness Institute’s
2017 Health & Wellness Observances Calendar

MAY 2017

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

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

Building Safety Month
International Code Council
www.iccsafe.org

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

Healthy Vision Month
National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month
American Liver Foundation
www.liverfoundation.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

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

Older Americans Month
U.S. Dept. of Health and Human Services
Administration for Community Living
www.acl.gov

May 1 – 7 (same dates annually)
National Physical Education and Sports Week
National Association for Sport and Physical Education
www.shapeamerica.org

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May 3 (first Wednesday in May)
Project Aces Day
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com

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

May 7 – 13 (first full week in May)
Be Kind to Animals Week
Canadian Federation of Humane Societies
American Humane Association
www.americanhumane.org

May 7 – 13 (first full week in May)
North American Occupational Safety and Health Week (NAOSH)
American Society of Safety Engineers
www.asse.org/naosh

May 8 (same date annually)
World Red Cross/Red Crescent Day
American Red Cross
www.redcross.org

May 8 – 14
(week of Florence Nightingale's birthday, May 12)
National Hospital and Healthcare Week
American Hospital Association
www.aha.org

May 8 – 14
National Volunteer Week – Australia
Volunteering Australia
www.volunteeringaustralia.org

May 10 (Wednesday during National Nurses Week)
School Nurse Day
www.nasn.org

May 13
World Fair Trade Day
World Fair Trade Association (WFTO)
www.wfto.com

May 14 – 20 (Mother’s Day week)
National Nursing Home Week
American Health Care Association
www.nnhw.org

May 14 – 20 (Mother’s Day week)
Women’s Health Week
Office on Women’s Health
Department of Health and Human Services
www.cdc.gov/women/

May 15 – 19
Bike to Work Week
(Bike to Work Day: May 15)
League of American Bicyclists
www.bikeleague.org

May 20 – 21
World Autoimmune Arthritis Day
The International Foundation for Autoimmune Arthritis
www.WorldAutoimmuneArthritisDay.org

May 31 (last Wednesday in May)
National Senior Health & Fitness Day
www.fitnessday.com
National Wellness Institute’s
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(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

Men’s Health Month
www.menshealthmonth.org

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

June 3 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org

June 4 (first Sunday in June)
National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncsdf.org

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

June 11 (second Sunday in June)
National Children’s Day
www.nationalchildrensday.us

June 12 – 18 (ending with Father’s Day)
Men’s Health Week
Men’s Health Network
www.menshealthweek.org

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

June 19 – 21
42nd 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
National Wellness Institute’s
2017 Health & Wellness Observances Calendar

**JULY 2017**

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

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

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

**July 16 – 22**
**Every Body Deserves a Massage Week**
Associated Bodywork & Massage Professionals
www.abmp.com

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**AUGUST 2017**

**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 6 – 12 (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

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September 2017

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

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

BioDiversity Month
Dept. of the Environment and Heritage Australia
www.environment.gov.au/biodiversity

Blood Cancer Awareness Month
Leukemia and Lymphoma Society of America
www.lls.org

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

Fruit & Veggies More Matters Month
Fruits & Veggies More Matters
www.fruitsandveggiesmorematter.org

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

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

National Food Safety Education Month
National Restaurant Association Education Foundation
www.foodsafetymonth.com

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

National Menopause Awareness Month
North American Menopause Society
www.menopause.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
and Prostate Cancer Awareness Month
Prostate Cancer Foundation
www.pcf.org

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

SEPTEMBER CONTINUED >
### Whole Grains Month
The Whole Grains Council

#### September 1 – 7 (same date annually)
**National Childhood Injury Prevention Week**
The American Academy of Pediatrics
[www.healthychildren.org](http://www.healthychildren.org)
Safe Kids Worldwide
[www.safekids.org](http://www.safekids.org)

#### September 10 – 16 (week of Sept. 10)
**Suicide Prevention Week**
American Association of Suicidology
[www.suicidology.org](http://www.suicidology.org)

#### September 11
**National Day of Service and Remembrance**
[911day.org](http://911day.org)

#### September 10 – 16
**National Assisted Living Week**
National Center for Assisted Living
[www.nalw.org](http://www.nalw.org)

#### September 17 – 23 (third week in September)
**National Rehabilitation Week**
National Rehabilitation Awareness Foundation
[www.nraf-rehabnet.org/](http://www.nraf-rehabnet.org/)

### September 20 (third Wednesday)
**Backpack Awareness Day**
The American Occupational Therapy Association
[www.aota.org](http://www.aota.org)

#### September 21 (same date annually)
**International Day of Peace**
United Nations

#### September 24 – 30 (last week in September)
**Active Aging Week**
International Council on Active Aging
[www.icaa.cc](http://www.icaa.cc)

#### September 27 (last Wednesday)
**National Women's Health & Fitness Day**
Health Information Resource Center
[www.fitnessday.com/women](http://www.fitnessday.com/women)

#### September 30 (last Saturday)
**Family Health and Fitness Day USA**
Health Information Resource Center
[www.fitnessday.com/family](http://www.fitnessday.com/family)

#### September 30 (last Saturday)
**National Public Lands Day**
National Public Lands Day
[www.publiclandsday.org](http://www.publiclandsday.org)
National Wellness Institute’s
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(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.worldvegetarianiday.org

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

October 1 – 7 (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 2 (first Monday in October)
**Child Health Day**
U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 2 (first Monday in October)
**World Habitat Day**
UN Habitat www.unhabitat.org/

October 8 – 14 (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 9 – 13 (second full week)
**National School Lunch Week**
School Nutrition Association
www.schoolnutrition.org

October 9 – 13 (week of Columbus Day)
**National Consultant Pharmacy Week**
American Society of Consultant Pharmacists
www.ascp.com

October 15 – 21 (third full week in October)
**International Infection Prevention Week**
Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 15 – 21 (third week in October)
**National Health Education Week**
Society for Public Health Education
www.sophe.org/NHEW.cfm

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

October 22 – 28 (last full week October)
**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**
National Family Partnership at
www.nfp.org

October 29 (same date annually)
**World Stroke Day**
American Stroke Association
www.strokeassociation.org
November 6
Color the World Orange for CRPS/RSD Awareness
www.colortheworldorange.org

November 12
World Pneumonia Day
www.worldpneumoniaday.org

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

November 13 – 17 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.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
www.npdlove.com

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

November 16 (third Thursday)
Great American Smokeout
American Cancer Society
www.cancer.org

November 17 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday

November 23 (always Thanksgiving Day)
National Family Health History Day
U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

November 23 – January 1
(U.S. Thanksgiving - New Year’s Day)
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.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.epa.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 and Palliative Care 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 6
Color the World Orange for CRPS/RSD Awareness
www.colortheworldorange.org

November 12
World Pneumonia Day
www.worldpneumoniaday.org

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

November 13 – 17 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.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
www.npdlove.com

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

November 16 (third Thursday)
Great American Smokeout
American Cancer Society
www.cancer.org

November 17 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
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U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

November 23 – January 1
(U.S. Thanksgiving - New Year’s Day)
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.org

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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/Driving-Safety/Impaired-Driving

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 3 – 9 (first full week of December)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 3 – 9
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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