

2014 Health & Wellness Observances Calendar

Presented by the



**National
Wellness
Institute**

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



FEBRUARY 2014

*Let all the red hearts you see in stores this month be a reminder to
make heart healthy choices year-round!*

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.restorestight.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 >



National Wellness Institute's 2014 Health & Wellness Observances Calendar

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

National Autism Awareness Month

Autism Society
<http://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
Child Welfare Information Gateway
Children's Bureau/ACYF
www.childwelfare.gov/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

National STDs/Family Planning Awareness Month

American Social Health Association
www.ashastd.org/

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 CONTINUED >



National Wellness Institute's 2014 Health & Wellness Observances Calendar

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.siblingsday.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 (eeweeek)

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.izzyg.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

Allergy and Asthma 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 Tuberos 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 >



National Wellness Institute's 2014 Health & Wellness Observances Calendar

May 3 (first Saturday in May)

Join Hands Day: Youth and Adults Volunteering Together

Points of Light and Hands on Network
www.joinhandsday.org

May 4 – 10 (first full week in May)

International Building Safety Week

International Code Council Foundation
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
American Humane Association
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

May 5 – 11 (same date annually)

National Nurses Week

American Nurses Association
www.nursingworld.org

May 7 (first Wednesday in May)

Project Aces Day

(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com

May 7 (during National Nurses Week)

School Nurse Day

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

May 11 – 17 (Mother's Day week)

National Nursing Home Week

American Health Care Association
<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

May 10

World Fair Trade Day

World Fair Trade Association (WFTO)
www.wfto.com

May 11 – 17

National Hospital and Healthcare Week

American Hospital Association
www.aha.org

May 12 – 18

National Volunteer Week – Australia

The Center for Volunteering
www.volunteering.com.au/contact_us.asp

May 12 – 16

Bike to Work Week

(Bike to Work Day: May 16)
League of American Bicyclists
www.bikeleague.org

May 21 (third Wednesday)

National Employee Health and Fitness Day

National Association for Health and Fitness
www.physicalfitness.org

May 20

World Autoimmune Arthritis Day

The International Foundation for Autoimmune Arthritis
www.worldautoimmunearthritisday.org

May 25– 31 (last full week in May)

Older Americans Mental Health Week

Older Women's League
www.owl-national.org

May 28 (last Wednesday in May)

National Senior Health & Fitness Day

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.fireworksafety.org

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

National Park and Recreation Week

National Park and Recreation Association
www.nrpa.org

July 13 – 19

Every Body Deserves a Massage Week

Associated Bodywork & Massage Professionals
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

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

Children's Eye Health and Safety Month

Prevent Blindness America
www.preventblindness.org

August 1 – 7 (same dates annually)

World Breastfeeding Week

La Leche League International
www.llli.org/

August 3 – 9 (second week in August)

National Health Center Week

National Association of Community Health Centers, Inc.
www.healthcenterweek.com

August 5

National Night Out

America's Night Out Against Crime
www.nationalnightout.org/nno/about.html

August 9

International Day of the World's Indigenous People

United Nations
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
Dept. of the Environment and Heritage Australia
www.environment.gov.au/biodiversity/month.html

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

Fruit & Veggie Month
Fruits & Veggies More Matters
www.fruitsandveggiesmatter.gov
www.movingtothefuture.org

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
International Food Safety Council
National Restaurant Association
www.servsafe.com
Educational Foundation International Food Safety Council
www.foodsafety.gov

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
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

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



OCTOBER 2014

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/ochnp/ochnpweb.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 Wellness Institute's 2014 Health & Wellness Observances Calendar

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

<http://www.un.org/en/events/olderpersonsday>

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

OCTOBER CONTINUED >



October 24 (same date annually)

Food Day

Center for Science in the Public Interest
www.foodday.org

October 24 (same date annually)

Take Back Your Time Day

The Simplicity Forum
www.timeday.org/

October 25 (fourth Saturday in October)

Make a Difference Day

www.makeadifferenceday.com

October 29 (Wed of last week in October)

Lung Health Day

American Association for Respiratory Care
www.aarc.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.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 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
www.NationalPhilanthropyDay.net

NOVEMBER CONTINUED >



National Wellness Institute's
2014 Health & Wellness Observances Calendar

November 15 (same date annually)

America Recycles Day

National Recycling Coalition, Inc.
www.americarecyclesday.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

(U.S. Thanksgiving - New Year's Day)

Tie One On For Safety Campaign

Mothers Against Drunk Driving (MADD)
www.madd.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 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 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

NWI 2014 Health & Wellness Observances Calendar

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