



National Wellness Institute's 2010 Health & Wellness Observances Calendar

JANUARY

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 4 – 10

National Folic Acid Awareness Week

National Council on Folic Acid
folicacidinfo.org

January 17 – 23

Healthy Weight Week

(third week of January)
Healthy Weight Network
www.healthyweightnetwork.com

January 18 (Martin Luther King Day)

King Day of Service (annually)

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

FEBRUARY

AMD/Low Vision Awareness Month

Prevent Blindness America
www.preventblindness.org

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.bacchusgamma.org

National Senior Independence Month

Administration on Aging
www.aoa.gov

Wise Health Consumer Month

American Institute for Preventive Medicine
www.healthylife.com

Late February – Early April

Safe Spring Break Programming

The BACCHUS Network National Office
Association Task Force on Alcohol and Other Drugs
www.bacchus.org
American College Health Association
www.acha.org/index.cfm

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/national_wear_red_day.aspx

February 3**National Girls & Women in Sports Day**

National Girls and Women in Sports Coalition
 AAHPERD
www.aahperd.org/ngwsdcentral/

February 14**National Condom Awareness Day**

(on Valentine's Day)
www.ashastd.org

February 14 – 20**National Cardiac Rehabilitation Week**

AACVPR Office
www.aacvpr.org

February 15 – 21**Random Acts of Kindness Week**

Random Acts of Kindness Foundation
www.actsofkindness.org

February 20**Love Your Pet Day**

American Social Health Association
www.holidayinsights.com/moreholidays/February/loveyourpetday.htm

February 20 – 25**Trails Advocacy Week**

American Hiking Society
www.americanhiking.org/

February 21 – 27**National Eating Disorders Awareness Week**

National Eating Disorders Association
www.nationaleatingdisorders.org

February 22**World Thinking Day**

Girl Scouts
www.girlscouts.org/who_we_are/global/world_thinking_day/

Late February – Early April**Collegiate Safe Spring Break Programming**

The Bacchus Network National Office
www.bacchusgamma.org

MARCH

American Red Cross Month

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

Brain Injury Awareness Month

Brain Injury Association of America
www.biausa.org

Hemophilia Month

National Hemophilia Foundation
www.hemophilia.org

Learning Disabilities Awareness Month

Learning Disabilities Association of Canada
www.ldac-taac.ca

National Colorectal Awareness Month

Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

National Developmental Disabilities Awareness Month

The Arc of the United States
www.thearc.org

National Eye Donor Month

EBAA, Eye Bank Association of America
www.restoresight.org

National Kidney Month

National Kidney Foundation
www.kidney.org

National Nutrition Month

American Dietetic Association
www.eatright.org

National Poison Prevention Month

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

National Professional Social Work Month

National Association of Social Workers
www.socialworkers.org

Save Your Vision Month

American Optometric Association
www.aoa.org

Workplace Eye Health and Safety Month

Prevent Blindness America
www.preventblindness.org

March 1 – 7**National Collegiate Health and Wellness Week**

The Bacchus Network National Office
www.bacchusgamma.org

March 7 – 13

(week before daylight savings time)

National Sleep Awareness Week

National Sleep Foundation
www.sleepfoundation.org

March 7 – 13**National Problem Gambling Awareness Week**

The National Council on Problem Gambling, Inc.
www.ncpgambling.org/

March 8 – 12**National School Breakfast Week**

School Nutrition Association
www.schoolnutrition.org

March 14 – 20**National Pulmonary Rehabilitation Week**

American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

March 14 – 20**National Poison Prevention Week**

Poison Prevention Week Council
www.poisonprevention.org

March 18 (third Thursday)**Companies that Care Day**

Center for Companies that Care
www.companies-that-care.org/l2_day.php

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 (Same date each year)**World Water Day**

RC International Water and Sanitation Centre
www.unwater.org

March 22 – 26**National Youth Violence Prevention Week**

National Association of SAVE
www.nationalsave.org

March 23**American Diabetes Alert Day**

(fourth Tuesday in March)
American Diabetes Association
Public Relations
www.diabetes.org

March 24**Kick Butts Day**

Campaign for Tobacco-Free Kids
www.tobaccofreekids.org

APRIL

National Alcohol Awareness Month

SAMSHA's National Clearinghouse for Alcohol & Drug Information
www.ncadi.samsha.gov

National Cancer Control Month

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

National Child Abuse Prevention Month

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

National Counseling Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Donate Life Month

HRSA Information Center
www.organdonor.gov/

Stress Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Humor Month

Association for Applied and Therapeutic Humor
www.aath.org/authors_crisis.htm

Carmel institute Of Humor
www.larrywilde.com/month/htm
www.thehumorcollection.org/
www.comedycures.org

National Minority Health & Health Disparities Month

Office of Minority Health Resource Center
www.omhrc.gov

National Occupational Therapy Month

The American Occupational Therapy Association
www.aota.org

National STDs/Family Planning Awareness Month

American Social Health Association
www.ashastd.org/

National Youth Sports Safety Month

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

Sexual Assault Awareness Month

National Sexual Violence Resource Center
www.nsvrc.org

Late February – Early April

Safe Spring Break Programming

The BACCHUS Network National Office
Association Task Force on Alcohol and Other Drugs
www.bacchus.org
American College Health Association
www.acha.org/index.cfm

April 2 (first Wednesday of April)

International Children’s Book Day

International Board on Books for Young People
Basel, Switzerland
wwwq.ibby.org/index.php?id=269

April 7 (first Wednesday of April)

National Day of Hope

Childhelp USA National Hdqtrs
www.childhelpusa.org

April 2 – 4

Alcohol - Free Weekend

National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 4 – 10 (first full week)

National Week of the Ocean

National Week of the Ocean Website
www.national-week-of-the-ocean.org/

April 7 – 13

(starts on World Health Day)

National Public Health Week

American Public Health Association
www.apha.org

April 7 (annually on April 7)

World Health Day

World Health Organization
www.who.org
www.paho.org

April 8 (annually on April 8)

Wisconsin Wellness Day

National Wellness Institute
www.nationalwellness.org

April 8

National Alcohol Screening Day

Screening for Mental Health, Inc.
One Washington Street, Suite 304
Wellesley Hills, MA 02481
781.239.0071
www.mentalhealthscreening.org

April 10

Siblings Day

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

April 11 – 17

National Environmental Education Week (eeweek)

National Environmental Education Foundation
www.eeweek.org
www.neefusa.org/programs/eeweek.htm

April 11 – 17

National Health Information Privacy & Security Week

American Health Information Management Association – AHIMA
www.ahima.org

April 11 – 17

National Library Week

American Library Association
www.ala.org
www.ala.org/ala/aboutala/offices/pio/natllibraryweek/nlw.cfm

April 14 (annually, April 14)

International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor
www.izzyg.com

April 16 (annually, April 16)

National Healthcare Decisions Day

NHDD
nationalhealthcaredecisionsday.org

April 18 – 24

National Minority Cancer Awareness Week

National Cancer Institute
Public Inquiries Office
cancernet.nci.nih.gov

April 18 – 24 (annually, third week of April)

National Volunteer Week

The Points of Light and Hands on Network
www.PointsofLight.org
We, the World, A United World
www.aunitedworld.org/nvw.asp

April 19 – 25

Medical Fitness Week

Medical Fitness Association
www.medicalfitness.org

April 19 – 25

Medical Fitness Week

Medical Fitness Association
www.medicalfitness.org

April 22 (annually)

Earth Day

Earth Day Network
www.earthday.net

April 22 (fourth Thursday April)

Take Your Daughters and Sons to Work Day

Daughters And Sons To Work[®] Day
www.daughtersandsonstowork.org/wmspage.cfm?parm1=49

April 23 (fourth Friday April)

Remember children Lost to Violence

Child Welfare League of America
www.cwla.org/advocacy/memorialflag.htm

April 23 – 25

Global Youth Service Day

Youth Service America
ysa.org/NatlGYSD/tabid/59/Default.aspx

April 24 – May 1

National Infant Immunization Week

CDC, National Immunization Program
www.cdc.gov/vaccines/events/niiw

Centers for Disease Control

www.cdc.gov/features/cleanairmonth

Correct Posture Month

American Chiropractic Association
Communications Department
www.amerchiro.org

Healthy Vision Month/UV Safety

National Eye Institute
www.healthyvision2010.org/hvm
American Optometric Association
www.aoa.org

Hepatitis Awareness Month

Hepatitis Foundation International
www.hepfi.org

Huntington's Disease Awareness Month

Huntington's Disease Society of America
www.hdsa.org

National Arthritis Month

Arthritis Foundation
www.arthritis.org

National Bike Month

League of American Bicyclists
www.bikeleague.org

National High Blood Pressure Education Month

NHLBI Information Center
www.nhlbi.nih.gov/

National Melanoma/Skin Cancer Awareness Month

American Academy of Dermatology
www.aad.org or
American Cancer Society
www.skincancer.org

National Mental Health Month

National Mental Health Association
www.nmha.org

National Osteoporosis Awareness Prevention Month

National Osteoporosis Foundation
www.nof.org

National Physical Fitness and Sports Month

President's Council on Physical Fitness and Sports
www.fitness.gov

National Stroke Awareness Month

National Stroke Association
www.stroke.org or
American Heart Association

MAY

Asthma and Allergy Awareness Month

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

Better Sleep Month

The Better Sleep Council
www.bettersleep.org

Clean Air Month

American Lung Association
Communications Department
www.lungusa.org_or

National Center
www.americanheart.org or contact your local American Heart Association 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.dhhs.gov
www.owl-national.org

April 26 – May 3
National SAFE KIDS Week
Safe Kids Worldwide
National SAFE KIDS Campaign
www.safekids.org
www.usasafekids.org

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

May 1
Join Hands Day: Youth and Adults Volunteering Together
Points of Light and Hands on Network
www.PointsofLight.org
joinhandsday.org

May 2 – 8
North American Occupational Safety and Health Week (NAOSH)
American Society of Safety Engineers
www.asse.org/naosh

May 2 – 8 (first full week in May)
International Building Safety Week
International Code Council
Foundation
www.icc-foundation.org
www.iccsafe.org/safety/BSW/

May 2 – 8 (first full week in May)
Be Kind to Animals Week
Canadian federation of Humane Societies
www.cfhs.ca
Paw Prints and Purs, Inc.
www.sniksnak.com/ac/may_bk2a.html

American Humane Association
www.americanhumane.org/

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

May 12 (during National Nurses Week)
School Nurse Day
www.nasn.org

May 6 (first Wednesday in May)
PROJECT ACES DAY
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com
www.lensaunders.com/aces/aces.html

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

May 8
World Fair Trade Day
World Fair Trade Association (WFTO)
www.wfto.org

May 9 – 15 (during week of May 12)
National Hospital Week
American Hospital Association
www.aha.org

May 9 – 15 (Mother's Day week)
National Nursing Home Week
American Health Care Association
www.ahcancal.org/events/nationalnursing_home_week/Pages/default.aspx

May 9 – 15 (Mother's Day week)
Women's Health Week
Office on Women's Health
Department of Health and Human Services
www.4woman.gov/owh

May 10 – 16
National Volunteer Week – Australia
The Center for Volunteering
www.volunteering.com.au/contact_us.asp

May 17 – 21 (third week in May)
Bike to Work Week
League of American Bicyclists
bikeleague@bikeleague.org
www.bikeleague.org

May 19 (third Wednesday)
National Employee Health and Fitness Day
National Association for Health and Fitness
www.physicalfitness.org

May 23 – 29 (last full week in May)
Older Americans Mental Health Week
Older Women's League
www.owl-national.org

May 24 – June 6
Buckle Up America! Week/Click It or Ticket Week
NHTSA
www.nhtsa.gov

May 26
National Senior Health & Fitness Day
www.fitnessday.com

JUNE

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

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

Professional Wellness Month
National Wellness Institute
www.nationalwellness.org

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

National Safety Month
National Safety Council
info@nsc.org
www.nsc.org

National Scleroderma Awareness Month
United Scleroderma Foundation, Inc.
www.scleroderma.org

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

June 1 – 7 (same each year)
National Headache Awareness Week
National Headache Foundation
www.headaches.org

June 5 (same date each year)
World Environment Day
United Nations Environment Programme (UNEP)
www.unep.org/wed
Rajinde.sign@unep.org

June 5 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org/

June 5
National Hunger Awareness Day
Food Banks of Canada
www.hungerawareness.ca

June 6
National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncsdf.org

June 13 (Second Sunday in June)
National Children's Day
www.nationalchildrensday.us/

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

June 14 – 20 (ending with Father's Day)
National Men's Health Week
National Men's Health Network
www.menshealthweek.org

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

JULY

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

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

UV Safety Month
American Academy of Ophthalmology
www.preventblindness.org
and

www.earthgauge.net/wp-content/fact_sheets/EG_UV_Safety.pdf

July 1 – 7 (during 4th of July)

Clean Beaches Week

“Earth Day” for beaches

www.cleanbeaches.org

July 11 – 17 (second week in July)

National Therapeutic Recreation Week

NTRS - Branch of the National Park and Recreation Association

www.nrpa.org

July 17 – 22

35th Annual National Wellness Conference

(UW, Stevens Point Campus
National Wellness Institute
PO Box 827, 1300 College Ct.
Stevens Point, WI 54481
715.342.2969

July 18 – 24

Everybody Deserves Massage Week

Assoc. Bodywork and Massage Prof.

www.abmp.com

AUGUST

Cataract Awareness Month

American Academy of Ophthalmology

www.aao.org

Medic Alert Awareness Month

www.medicalert.org

National Immunization Awareness Month

Center for Disease Control & Prevention

www.cdc.gov/vaccines

August 1 – 7

World Breastfeeding Week

La Leche League International

www.llli.org/

August 4

National Night Out

America’s Night Out Against Crime

www.nationalnightout.org/nno/about.html

August 8 – 14 (second week in August)

National Health Center Week

National Association of Community Health Centers, Inc.

www.healthcenterweek.com/

August 9 (always)

International Day of the World’s Indigenous People

Dag Hammarskjöld Library

United Nations

www.un.org/depts/dhl/indigenous/

SEPTEMBER

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

jpma@ahint.com

www.jpma.org

Healthy Aging Month

Healthy Aging, Educational Television Network, Inc.

www.helahtyaging.net

BioDiversity Month

Dept. of the Environment and Heritage Australia

www.environment.gov.au/biodiversity/

Children’s Eye Health and Safety Month

Prevent Blindness America

www.preventblindness.org

Fruit & Veggie Month

Fruits & Veggies More Matters

www.fruitsandveggiesmatter.gov

www.movingtothefuture.org

Healthy Aging™ Month

Healthy Aging Campaign

Educational Television Network, Inc.

info@healthyaging.net

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 Cholesterol Education Awareness Month

National Heart, Lung, & Blood Institute Information Center
hp2010.nhlbihin.net/cholmonth/

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
info@menopause.org
www.menopause.org

National Pain Awareness Month

American Pain Foundation
www.painfoundation.org

National Preparedness Month

Cosponsored by
American Red Cross
National Headquarters
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.
scdaa@sicklecelldisease.org
www.sicklecelldisease.org

National Work & Family Month

AWLP Headquarters
awlp@worldatwork.org
www.awlp.org/awlp/nwfm/nwfm-home.jsp

National Yoga Month

Yoga Health Foundation
support@yogamonth.org
www.yogamonth.org

Prostate Health Month

National Prostate Cancer Coalition
www.menshealthnetwork.org

Sports and Home Eye Safety Month

Prevent Blindness America
www.preventblindness.org

Whole Grains Month

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

September 1 – 7 (same date annually)

National Childhood Injury Prevention Week

The American Academy of Pediatrics
www.aap.org/healthtopics/safety.cfm
Safe Kids Worldwide
www.pcaw.com

September 5 – 11 (first full week in September)

Suicide Prevention Week

American Association of Suicidology
www.suicidology.org

September 7 (annually Sept. 7)

National Threatened Species Day

U.S. Headquarters
World Wildlife Fund (WWF)
www.worldwildlife.org/

September 11 (annually Sept. 11)

National Service and Remembrance Day

2009 Serve America Act
www.mygooddeed.org
www.911dayofservice.org

September 12 – 18

National Assisted Living Week

National Center for Assisted Living
www.nalw.org

September 15 (third Wednesday)

Backpack Awareness Day

The American Occupational Therapy Association
www.aota.org

September 16

International Day for the Preservation of the Ozone

The Ozone Secretariat
ozone.unep.org/

September 19 – 26 (last full week)

Active Aging Week

International Council on Active Aging
www.icaa.cc

September 20 – 26 (2009)

National Rehabilitation Week

National Rehabilitation Awareness Foundation
www.nraf-rehabnet.org/

September 20 – 26 (2009)

National Adult Immunization Awareness Week

CDC-INFO Contact Center

www.cdc.gov/vaccines/events/naiaw/default.htm

September 20 – 26 (2009)

National Farm Safety and Health Week

National Educational Center for Agricultural Safety
www.nsc.org/necas

September 21 (third Tuesday)

Take A Loved One to the Doctor Day

National Health Information Center
www.healthfinder.gov/orgs

September 21 (Sept. 21 annually)

International Day of Peace

United Nations
www.un.org/events/peaceday

September 25 (last Saturday)

Family Health and Fitness Day USA

Health Information Resource Center
www.fitnessday.com

September 25 (last Saturday)

National Public Lands Day

National Public Lands Day
www.publiclandsday.org
www.neefusa.org

September 29 (last Wednesday)

National Women's Health & Fitness Day

Health Information Resource Center
www.fitnessday.com

OCTOBER

Alzheimer's Association Memory Walk (Fall Weekend)

Dates vary depending location. Contact your local Alzheimer's Association or
memorywalk@alz.org
www.alz.org

American Heart Walk

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

Auto Battery Safety Month

Prevent Blindness America
www.preventblindness.org

Eat Better, Eat Together Month

Washington State University
nutrition.wsu.edu/ebet/

Children's Health Month

Office of Children's Health Protection
U.S. Environmental Protection Agency
yosemite.epa.gov/ochp/ochpweb.nsf/content/chm.htm
children.foreignpolicyblogs.com/2008/10/01/october-is-childrens-health-month/
Healthy Child Healthy World
healthychild.org/about

Domestic Violence Awareness Month

National Coalition Against Domestic Violence –
(contact your state coalition)
National Domestic Violence Hotline:
www.ncadv.org

Domestic Violence Awareness Project
National Resource Center for Domestic Violence
ck@pcadb.org
dvam.vawnet.org

Health Literacy Month

Health Literacy Consulting
www.healthliteracymonth.org

Healthy Babies Month

March of Dimes/Birth Defects Foundation
www.marchofdimes.com

Healthy Lung Month

American Lung Association
www.lungusa.org
Contact your local Lung Association

Lupus Awareness Month

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

National Breast Cancer Awareness Month

nbcamquestions@yahoo.com
www.nbcam.org/ or
The Susan G. Komen Breast Cancer Foundation
www.komen.org or
National Cancer Institute's Cancer Information Service
canceret.nci.nih.gov

National Chiropractic Month

American Chiropractic Association
www.amerchiro.org/

National Crime Prevention Month

National Crime Prevention Council
www.ncpc.org

National Dental Hygiene Month

American Dental Hygienists Assn
www.adha.org

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 Spinal Health Month

American Chiropractic Association
www.amerchiro.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 Work and Family Month

Alliance for Work-Life Progress
awlp@worldatwork.org
www.awlp.org

Talk About Prescriptions Month

National Council on Patient Information and Education
ncie@ncpie.info
www.talkaboutrx.org

Vegetarian Awareness Month

North American Vegetarian Society
www.worldvegetarianday.org

October 1 (annually same date)
International Day of Older Persons
HREA – Netherlands Office

HREA – USA Office

www.hrea.org/feature-events/day-older-persons

October 4 (first Monday in October)

Child Health Day

U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 4 (first Monday in October)

World Habitat Day

UN Habitat
Nairobi 0010, Kenya
www.unhabitat.org/

October 4 – 10 (Always week including October 9 – Chicago Fire)

National Fire Prevention Week

National Fire Protection Association
www.nfpa.org

October 4 – 10

National Mental Illness Awareness Week

American Psychiatric Association
www.healthyminds.org
NAMI – National Alliance on Mental Illness
www.nami.org/template.cfm?section=mental_illness_awareness_week

October 4 – 10

National LPN Awareness & Recognition Week

National Federation of Licensed Practical Nurses, Inc.
www.nflpn.org/

October 7

International Walk-to-School Day

National Center for Safe Routes to School
walk@walktoschool.org
www.walktoschool.org/

October 10 (always October 10)

Put the Brakes on Fatalities Day

The Transportation and Development Institute of the American Society of Civil Engineers (T&DI)
www.brakesonfatalities.org

October 10 (always October 10)

World Mental Health Day

World Federation for Mental Health
www.wfmh.org

October 11 – 15 (second full week)

National School Lunch Week

School Nutrition Association
www.schoolnutrition.org

October 15 (always 3rd Fri in Oct)

National Mammography Day

www.nbcam.com or

American Cancer Society
www.cancer.org or
Susan G. Komen Breast Cancer Foundation
www.komen.org or
National Cancer Institute
www.cancer.gov/

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

October 17 – 23 (third week)
International Infection Prevention Week
Association for Professionals in Infection Control and
Epidemiology, Inc.
www.apic.org

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

October 17 – 23 (third week)
National Health Education Week
(K–6 School Programming)
National Center for Health Education
www.nche.org

October 17 – 23 (third week)
National Healthcare Quality Week
National Association for Healthcare Quality
www.nahq.org/

October 18 – 24 (third week)
Kids Care Week
Kids Care Clubs
Points of Light & Hands on Network
www.kidscare.org/about/kidsCareWeek

October 20 (same date annually)
World Osteoporosis Day
National Osteoporosis Foundation
www.nof.org

October 22 (fourth Sat Oct)
Make a Difference Day
(celebrating people helping people)
The Points of Light Foundation
www.makeadifferenceday.com
www.pointsoflight.org

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

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

October 24 – 30 (fourth week)
**National Consultant & Senior Care Pharmacists
Week**
American Society of Consultant Pharmacists
www.ascp.com/publicrelations/ascpncpw.cfm/

October 24 – 30 (last full week Oct)
National Respiratory Care Week
American Association for Respiratory Care
www.aarc.org

October 27 (Wed of Last week)
Lung Health Day
American Association for Respiratory Care
www.aarc.org

NOVEMBER

American Diabetes Month
American Diabetes Association
Public Relations
www.diabetes.org

American Indian & Alaska Native Heritage Month
Indian Health Service (HQ)
www.loc.gov/topics/nativeamericans/

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

Great American Smoke out Month
American Cancer Society
National Headquarters
www.cancer.org/docroot/subsite/greatamericans/smokeout.asp
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

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

November 8 – 14
World Kindness Week/Day 11/13
Random Acts of Kindness Foundation
www.actsofkindness.org

November 14 – 20
(week before Thanksgiving)
American Education Week
National Education Association
www.nea.org

November 14 (always Nov 14)
World Diabetes Day
International Diabetes Federation
Brussels, Belgium
www.worlddiabetesday.org

November 15 (always Nov 15)
National Philanthropy Day
Association of Fundraising Professionals
www.afpnet.org/national-philanthropy-day-and-afp-awards

November 15 (always Nov 15)
America Recycles Day
National Recycling Coalition, Inc.
www.americarecyclesday.org

November 18 (third Thursday)
Great American Smokeout
American Cancer Society
National Headquarters
www.acsf2f.com/gaso/

November 20 (Saturday before Thanksgiving)
National Family Volunteer Day
Points of Light Foundation
Nonprofit.Gov@PointsofLight.org
familyvolunteering@pointsoflight.org
www.familycares.org/projects/familyVolunteerDay.cfm

November 22 – 28 (Thanksgiving week)

National Family Week
Alliance for Children and Families
www.nationalfamilyweek.org

November 25 – January 2 (Thanksgiving through New Year's)
Tie One On For Safety Campaign
Attach a red ribbon to your car, and drive safe and sober.
Mothers Against Drunk Driving (MADD)
www.madd.org

November 26 (always Thanksgiving Day)
National Family Health History Day
U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

November 28 – December 4
National Influenza Vaccination Week
(Week after Thanksgiving)
www.cdc.gov/vaccine/events

DECEMBER

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

National Drunk and Drugged Driving Prevention (3D) Month
National Highway Traffic Safety Administration
Office of Public and Consumer Affairs
www.nhtsa.dot.gov
cdc.gov/ncipc/duip/spotelite/

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

December 1
World AIDS Day (annually)
Joint United Nations Programme on HIV/AIDS (UNAIDS)
Geneva 27 Switzerland
www.unaids.org
www.worldaidscampaign.org

December 5 – 11 (First full week of Dec)
National Aplastic Anemia Week
Aplastic Anemia and MDS Internl, Inc.
AA&MDSIF
www.aamds.org

December 5 – 11 (First full week of Dec)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 5
International Volunteer Day
External Relations Group, United Nations Volunteers
Germany
www.worldvolunteerweb.org

December 10th (annually)

Human Rights Day

An official United Nations observance day since 1948, for all members of the human family across the globe

December 13

Ice Cream Day

Holiday Insights

www.holidayinsights.com/other/icecreamday.htm

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P.O. Box 827

Stevens Point, WI 54481-0827

715.342.2969

nwi@nationalwellness.org

<http://www.nationalwellness.org>

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