



National Wellness Institute's 2011 Health & Wellness Observances Calendar

JANUARY

Start the New Year off the right way! Tell yourself every morning that this year is going to be great!

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 2 – 8

National Folic Acid Awareness Week

National Council on Folic Acid
folicacidinfo.org

January 16 – 22 (third week of January)

Healthy Weight Week

Healthy Weight Network
www.healthyweightnetwork.com

January 17 (Martin Luther King Day)

King Day of Service (annually)

Corporation for National and Community Service
www.mlkday.gov

January 23 – 29

National Certified Nurse Anesthetists Week

American Association of Nurse Anesthetists
www.aana.com

FEBRUARY

Don't let the winter blues get you down. Find your inner child and enjoy an afternoon of sledding. (Walking back up the hill is excellent exercise!)

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 2

National Girls & Women in Sports Day

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

February 4

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 13 – 19

National Cardiac Rehabilitation Week

AACVPR Office
www.aacvpr.org

February 14 (Valentine's Day)

National Condom Awareness Day

www.ashastd.org

February 14 – 20

Random Acts of Kindness Week

Random Acts of Kindness Foundation
www.actsofkindness.org

February 20 – 26

National Eating Disorders Awareness Week

National Eating Disorders Association
www.nationaleatingdisorders.org

February 21

Love Your Pet Day

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

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

Get some sleep! Bed times are not just for children. Establish a set time to get to bed every night and wake up each morning.

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.restorestight.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 6 – 12**National Collegiate Health and Wellness Week**

The Bacchus Network National Office
www.bacchusgamma.org

March 6 – 12**National Problem Gambling Awareness Week**

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

March 7 – 11**National School Breakfast Week**

School Nutrition Association
www.schoolnutrition.org

March 7 – 13 (week before daylight savings time)**National Sleep Awareness Week**

National Sleep Foundation
www.sleepfoundation.org

March 13 – 19**National Pulmonary Rehabilitation Week**

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

March 17 (third Thursday)**Companies that Care Day**

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

March 20 – 26**National Poison Prevention Week**

Poison Prevention Week Council
www.poisonprevention.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 21 – 25**National Youth Violence Prevention Week**

National Association of SAVE
www.nationalsave.org

March 22 (Same date each year)**World Water Day**

RC International Water and Sanitation Centre
www.unwater.org

March 22 (fourth Tuesday in March)**American Diabetes Alert Day**

American Diabetes Association
Public Relations
www.diabetes.org

March 23**Kick Butts Day**

Campaign for Tobacco-Free Kids
www.tobaccofreekids.org

APRIL

Second Wednesday in April

Wisconsin Wellness Day

All of Wisconsin
National Wellness Institute
PO Box 827, 1300 College Ct.
Stevens Point, WI 54481
715.342.2969
www.nationalwellness.org

Make an effort to get out and help your community. Many volunteer opportunities in your area can be found at <http://liveunited.org/>.

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 1 – 3**Alcohol - Free Weekend**

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

April 3 – 9 (first full week)**National Week of the Ocean**

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

April 6 (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 6 (first Wednesday of April)**National Day of Hope**

Childhelp USA National Hdqtrs
www.childhelpusa.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 7**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 8 (annually on April 8)**Wisconsin Wellness Day**

National Wellness Institute
www.nationalwellness.org

April 10 – 16

National Environmental Education Week (eeweek)

National Environmental Education Foundation

www.eeweek.org

www.neefusa.org/programs/eeweek.htm

April 10 – 16

National Health Information Privacy & Security Week

American Health Information Management Association – AHIMA

www.ahima.org

April 10 – 16

National Library Week

American Library Association

www.ala.org

www.ala.org/ala/aboutala/offices/pio/natlibraryweek/nlw.cfm

April 10

Siblings Day

Siblings Day Foundation

www.siblingsday.org/bodyframe.htm

April 14 (annually, April 14)

International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor

www.izzyg.com

April 15 – 17

Global Youth Service Day

Youth Service America

ysa.org/NatlGYSD/tabid/59/Default.aspx

April 16 (annually, April 16)

National Healthcare Decisions Day

NHDD

nationalhealthcaredecisionsday.org

April 17 – 23

National Minority Cancer Awareness Week

National Cancer Institute

Public Inquiries Office

cancer.net.nci.nih.gov

April 17 – 23 (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 18 – 24

Medical Fitness Week

Medical Fitness Association

www.medicalfitness.org

April 22 (annually)

Earth Day

Earth Day Network

www.earthday.net

April 22 (fourth Friday April)

Remember children Lost to Violence

Child Welfare League of America

www.cwla.org/advocacy/memorialflag.htm

April 23 – April 30

National Infant Immunization Week

CDC, National Immunization Program

www.cdc.gov/vaccines/events/niiw

April 28 (fourth Thursday April)

Take Your Daughters and Sons to Work Day

Daughters And Sons To Work[®] Day

www.daughtersandsonstowork.org/wmspage.cfm?parm1=49

MAY

Promote Clean Air Month by riding your bike to work whenever possible, or carpooling with co-workers in order to reduce emissions.

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

Centers for Disease Control

www.cdc.gov/features/cleanairmonth

Correct Posture Month

American Chiropractic Association

Communications Department

www.amerchiro.org

Employee Health & Fitness Month

National Association for Health and fitness, ACTIVE Life

<http://www.healthandfitnessmonth.com/>

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
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

Tuberos 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

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 – 7 (first full week in May)

North American Occupational Safety and Health Week (NAOSH)

American Society of Safety Engineers
www.asse.org/naosh

May 1 – 7 (first full week in May)

International Building Safety Week

International Code Council
Foundation
www.icc-foundation.org
www.iccsafe.org/safety/BSW/

May 1 – 7 (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 4 (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 6 – 12 (same dates each year)

National Nurses Week

American Nurses Association
www.nursingworld.org

May 7 (first Saturday in May)

Join Hands Day: Youth and Adults Volunteering Together

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

May 8 – 14 (during week of May 12)

National Hospital Week

American Hospital Association
www.aha.org

May 8 – 14 (Mother's Day week)

National Nursing Home Week

American Health Care Association

www.ahcancal.org/events/nationalnursing_home_week/Pages/default.aspx

May 8 – 14 (Mother's Day week)

Women's Health Week

Office on Women's Health

Department of Health and Human Services

www.4woman.gov/owh

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 9 – 15

National Volunteer Week – Australia

The Center for Volunteering

www.volunteering.com.au/contact_us.asp

May 9

World Fair Trade Day

World Fair Trade Association (WFTO)

www.wfto.org

May 11 (during National Nurses Week)

School Nurse Day

www.nasn.org

May 16 – 20 (third week in May)

Bike to Work Week

League of American Bicyclists

bikeleague@bikeleague.org

www.bikeleague.org

May 18 (third Wednesday)

National Employee Health and Fitness Day

National Association for Health and Fitness

www.physicalfitness.org

May 22 – 28 (last full week in May)

Older Americans Mental Health Week

Older Women's League

www.owl-national.org

May 25

National Senior Health & Fitness Day

www.fitnessday.com

JUNE

Look for new ways to promote health and wellness in your workplace.

(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.natoinalwellness.org

National Great Outdoors Month

American Recreation Coalition

www.greatoutdoorsmonth.org/

National Safety Month

National Safety Council

info@ncs.org

www.nsc.org

National Scleroderma Awareness Month

United Scleroderma Foundation, Inc.

www.scleroderma.org

June 1 – 7 (same each year)

National Headache Awareness Week

National Headache Foundation

www.headaches.org

June 1 (annually on June 1)

Stand for Children Day

www.stand.org

June 4 (first Saturday in June)

National Trails Day

American Hiking Society

www.americanhiking.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

National Cancer Survivors Day

National Cancer Survivors Day Foundation

www.ncsdf.org

June 12 (Second Sunday in June)

National Children's Day

www.nationalchildrensday.us/

June 13 – 19 (ending with Father's Day)

National Men's Health Week

National Men's Health Network

www.menshealthweek.org

June 14 (same date each year)

World Blood Donor Day

www.wbdd.org/

June 27 (same date each year)

National HIV Testing Day

National Association of People With AIDS

www.napwa.org

JULY

Get involved! The National Wellness Conference is this month! Join us at this excellent opportunity to learn, meet people who share similar views towards health and wellness, and make new friends.

(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 10 – 16 (second week in July)

National Therapeutic Recreation Week

NTRS - Branch of the National Park and Recreation Association

www.nrpa.org

July 16 – 21

36th Annual National Wellness Conference

(UW, Stevens Point Campus)

National Wellness Institute

PO Box 827, 1300 College Ct.

Stevens Point, WI 54481

715.342.2969

www.nationalwellness.org

July 17 – 23

Everybody Deserves a Massage Week

Assoc. Bodywork and Massage Prof.

www.abmp.com

AUGUST

Reserve some time every morning to meditate and clear your mind.

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 2

National Night Out

America's Night Out Against Crime

www.nationalnightout.org/nno/about.html

August 7 – 13 (second week in August)

National Health Center Week

National Association of Community Health Centers, Inc.

www.healthcenterweek.com/

August 9 (same date annually)
International Day of the World's Indigenous People
Dag Hammarskjöld Library
United Nations
www.un.org/depts/dhl/indigenous/

SEPTEMBER

Remember to get your recommended daily servings of fruit and vegetables!

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 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 4 – 10 (first full week in September)
Suicide Prevention Week

American Association of Suicidology
www.suicidology.org

September 7 – 13
National Assisted Living Week

National Center for Assisted Living
www.nalw.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 16
International Day for the Preservation of the Ozone

The Ozone Secretariat
ozone.unep.org/

September 18 – 24
National Rehabilitation Week

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

September 18 – 24
National Farm Safety and Health Week

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

September 19 – 25 (last full week)
Active Aging Week

International Council on Active Aging
www.icaa.cc

September 20 (third Tuesday)
Take A Loved One to the Doctor Day

National Health Information Center
www.healthfinder.gov/orgs

September 21 (third Wednesday)
Backpack Awareness Day

The American Occupational Therapy Association
www.aota.org

September 21 (Sept. 21 annually)
International Day of Peace

United Nations
www.un.org/events/peaceday

September 24 (last Saturday)
Family Health and Fitness Day USA

Health Information Resource Center
www.fitnessday.com

September 24 (last Saturday)
National Public Lands Day

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

September 25 – October 1
National Adult Immunization Awareness Week

CDC-INFO Contact Center
www.cdc.gov/vaccines/events/naiaw/default.htm

September 28 (last Wednesday)
National Women's Health & Fitness Day

Health Information Resource Center
www.fitnessday.com

OCTOBER

Relax! Enjoy the changing of the seasons and clear your mind on a daily mile walk.

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
cancernet.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
ncpie@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 2 – 8

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 3 (first Monday in October)

Child Health Day

U.S. Dept. of Health and Human Services

mchb.hrsa.gov

October 3 (first Monday in October)

World Habitat Day

UN Habitat

Nairobi 0010, Kenya

www.unhabitat.org/

October 5

International Walk-to-School Day

National Center for Safe Routes to School

walk@walktoschool.org

www.walktoschool.org/

October 9 – 15 (Always week including October 9 – Chicago Fire)

National Fire Prevention Week

National Fire Protection Association

www.nfpa.org

October 10 – 14 (second full week)

National School Lunch Week

School Nutrition Association

www.schoolnutrition.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 16 – 22 (third week)

International Infection Prevention Week

Association for Professionals in Infection Control and Epidemiology, Inc.

www.apic.org

October 16 – 22 (third week)

National Health Education Week

(K–6 School Programming)

National Center for Health Education

www.nche.org

October 16 – 22 (third week)

National Healthcare Quality Week

National Association for Healthcare Quality

www.nahq.org/

October 16 – 22 (third week)

Kids Care Week

Kids Care Clubs

Points of Light & Hands on Network

www.kidscare.org/about/kidsCareWeek

October 16 (always Oct 16)

World Food Day

National Committee for World Food Day

www.worldfooddayusa.org

October 17 (always October 17)

International Day for the Eradication of Poverty

United Nations

www.un.org/depts/dhl/poverty

October 20 (same date annually)

World Osteoporosis Day

National Osteoporosis Foundation

www.nof.org

October 21 (always third 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 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 – 29 (fourth week)

National Consultant & Senior Care Pharmacists Week

American Society of Consultant Pharmacists

www.ascp.com/publicrelations/ascpncpw.cfm/

October 23 – 29 (last full week Oct)

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

(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 26 (Wed of Last week)

Lung Health Day

American Association for Respiratory Care

www.aarc.org

NOVEMBER

Make dinner a family event in which every member has a task in the preparation.

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

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 – 19 (week before Thanksgiving)

American Education Week

National Education Association

www.nea.org

November 14 – 20

World Kindness Week/Day 11/13

Random Acts of Kindness Foundation

www.actsofkindness.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 17 (third Thursday)

Great American Smokeout

American Cancer Society

National Headquarters

www.acsf2f.com/gaso/

November 19 (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 19

International Survivors of Suicide Day

American Foundation for Suicide Prevention (AFSP)

www.afsp.org/survivorday

November 24 – 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 24 (always Thanksgiving Day)

National Family Health History Day

U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

November 27 – December 3

National Influenza Vaccination Week

(Week after Thanksgiving)
www.cdc.gov/vaccine/events

DECEMBER

As the holiday season approaches, remember those less fortunate. Clean out your closets and storage rooms and donate what you do not use to someone who could.

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 (annually)

World AIDS Day

Joint United Nations Programme on HIV/AIDS (UNAIDS)
Geneva 27 Switzerland
www.unaids.org
www.worldaidscampaign.org

December 4 – 10 (First full week of Dec)

National Aplastic Anemia Week

Aplastic Anemia and MDS Internl, Inc.
AA&MDSIF
www.aamds.org

December 4 – 10 (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

NWI 2011 Health & Wellness Observances Calendar

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