



**2024**  
**HEALTH & WELLNESS**  
**OBSERVANCES CALENDAR**  
National Wellness Institute



# JANUARY 2024

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## **CERVICAL HEALTH AWARENESS MONTH**

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National Cervical Cancer Coalition  
[nccc-online.org](http://nccc-online.org)

## **NATIONAL BIRTH DEFECTS PREVENTION MONTH**

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Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)

## **NATIONAL BLOOD DONOR MONTH**

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The Association for Blood Donor Professionals  
[adrp.org](http://adrp.org)

National Today  
[nationaltoday.com](http://nationaltoday.com)

## **NATIONAL GLAUCOMA AWARENESS MONTH**

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Glaucoma Research Foundation  
[glaucoma.org](http://glaucoma.org)

## **NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH**

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Hope for Justice  
[hopeforjustice.org](http://hopeforjustice.org)

## **JANUARY 14 - 20 HOME OFFICE SAFETY AND SECURITY WEEK**

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National Today  
[nationaltoday.com](http://nationaltoday.com)

## **JANUARY 15 - 21 NATIONAL HEALTHY WEIGHT WEEK**

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Centers for Disease Control and Prevention  
[cdc.gov/healthyweight](http://cdc.gov/healthyweight)

## **JANUARY 15 (MARTIN LUTHER KING DAY) KING DAY OF SERVICE**

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The King Center  
[thekingcenter.org](http://thekingcenter.org)

## **JANUARY 22 - 28 NATIONAL CERTIFIED NURSE ANESTHETISTS WEEK**

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American Association of Nurse Anesthetists  
[aana.com](http://aana.com)

## **JANUARY 23 MATERNAL HEALTH AWARENESS DAY**

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The American College of Obstetricians  
and Gynecologists  
[acog.com](http://acog.com)



# FEBRUARY 2024

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## AMD/LOW VISION AWARENESS MONTH

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Prevent Blindness America  
[preventblindness.org](http://preventblindness.org)

## AMERICAN HEART MONTH

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National Heart, Lung, and Blood Institute  
[nhlbi.nih.org](http://nhlbi.nih.org)

## NATIONAL CHILDREN'S DENTAL HEALTH MONTH

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American Dental Association  
[ada.org](http://ada.org)

## FEBRUARY 14 – 21 NATIONAL CONDOM WEEK

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National Coalition of STD Directors  
[ncsddc.org](http://ncsddc.org)

## WISE HEALTH CONSUMER MONTH

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American Institute for Preventive Medicine  
[healthylife.com](http://healthylife.com)

## NATIONAL CANCER PREVENTION MONTH

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American Association for Cancer Research  
[aacr.org](http://aacr.org)

## FEBRUARY 2 NATIONAL WEAR RED DAY

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Go Red For Women Cause Initiatives American Heart Association National Center  
[goredforwomen.org](http://goredforwomen.org)

## FEBRUARY 3 NATIONAL WOMEN PHYSICIANS DAY

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American Medical Association  
[ama-assn.org](http://ama-assn.org)

## FEBRUARY 5 – 9 NATIONAL SCHOOL COUNSELING WEEK

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American School Counselor Association  
[schoolcounselor.org](http://schoolcounselor.org)



## **FEBRUARY 2024** (continued)

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### **FEBRUARY 7 NATIONAL BLACK HIV/AIDS AWARENESS DAY**

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**HIV.gov**  
[hiv.gov](https://www.hiv.gov)

### **FEBRUARY 26 - MARCH 1 NATIONAL EATING DISORDER AWARENESS WEEK**

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**Eating Disorder Recovery Specialists**  
[eatingdisorderspecialists.com](https://www.eatingdisorderspecialists.com)

### **FEBRUARY 9 WINTER BIKE TO WORK DAY**

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**Bike to Work Day**  
[biketoworkday.co](https://www.biketoworkday.co)

### **FEBRUARY 27 HIV IS NOT A CRIME AWARENESS DAY**

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**HIV.gov**  
[hiv.gov](https://www.hiv.gov)

### **FEBRUARY 11 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE**

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**Twinkl**  
[twinkl.com](https://www.twinkl.com)

### **FEBRUARY 11 – 17 NATIONAL CARDIAC REHABILITATION WEEK**

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**American Association of Cardiovascular and  
Pulmonary Rehabilitation**  
[aacvpr.org](https://www.aacvpr.org)

### **FEBRUARY 22 (SAME DATE EACH YEAR) WORLD THINKING DAY**

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**Girl Scouts**  
[girlscouts.org](https://www.girlscouts.org)



# MARCH 2024

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## **AMERICAN RED CROSS MONTH**

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American Red Cross, National Headquarters or  
contact your local chapter  
[redcross.org](http://redcross.org)

## **BLEEDING DISORDERS AWARENESS MONTH**

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National Bleeding Disorders Foundation  
[hemophilia.org](http://hemophilia.org)

## **BRAIN INJURY AWARENESS MONTH**

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On With Life  
[onwithlife.org](http://onwithlife.org)

## **NATIONAL COLORECTAL AWARENESS MONTH**

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Colorectal Cancer Alliance  
[ccalliance.org](http://ccalliance.org)

## **NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH**

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National Association of Councils on  
Developmental Disabilities  
[nacdd.org](http://nacdd.org)

## **NATIONAL KIDNEY MONTH**

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American Society of Transplantation  
[myast.org](http://myast.org)

## **NATIONAL NUTRITION MONTH**

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Academy of Nutrition and Dietetics  
[eatright.org](http://eatright.org)

## **NATIONAL ATHLETIC TRAINING MONTH**

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National Athletic Training Association  
[nata.org](http://nata.org)

## **MARCH 1 – 6 APLASTIC ANEMIA AND MDS WEEK**

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Aplastic Anemia and MDS Internl, Inc.  
[aamds.org](http://aamds.org)

## **MARCH 4 – 8 NATIONAL SCHOOL BREAKFAST WEEK**

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School Nutrition Association  
[schoolnutrition.org](http://schoolnutrition.org)

## **MARCH 9 NATIONAL WOMEN AND GIRLS HIV/AIDS AWARENESS DAY**

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HIV.gov  
[hiv.gov](http://hiv.gov)



## MARCH 2024 (continued)

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### MARCH 10 – 16 NATIONAL PULMONARY REHABILITATION WEEK

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American Association of Cardiovascular and  
Pulmonary Rehabilitation

[aacvpr.org](http://aacvpr.org)

### MARCH 10 – 16 NATIONAL SLEEP AWARENESS WEEK

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National Sleep Foundation

[sleepfoundation.org](http://sleepfoundation.org)

### MARCH 11 – 17 AMERICORPS WEEK

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Volunteer Now

[volunteernow.org](http://volunteernow.org)

### MARCH 17 – 23 NATIONAL POISON PREVENTION WEEK

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Health Resources & Services Administration

[poisonhelp.hrsa.gov](http://poisonhelp.hrsa.gov)

### MARCH 18 – 24 NATIONAL DRUG & ALCOHOL FACTS WEEK

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National Institute on Drug Abuse

[nida.nih.gov](http://nida.nih.gov)

### MARCH 19 WORLD SOCIAL WORK DAY

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International Federation of Social Workers

[isfw.org](http://isfw.org)

### MARCH 20 (SAME DATE EACH YEAR) NATIONAL NATIVE HIV/AIDS AWARENESS DAY

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[cdc.gov](http://cdc.gov)

### MARCH 22 (SAME DATE EACH YEAR) WORLD WATER DAY

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Convoy of Hope

[convoyofhope.org](http://convoyofhope.org)

### MARCH 26 (FOURTH TUESDAY IN MARCH) AMERICAN DIABETES ALERT DAY

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National Institute of Diabetes & Digestive &  
Kidney Diseases

[niddk.nih.gov](http://niddk.nih.gov)

### MARCH 27 WHOLE GRAIN DAY

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Oldways Whole Grains Council

[wholegrainscouncil.org](http://wholegrainscouncil.org)



# APRIL 2024

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## **NATIONAL ALCOHOL AWARENESS MONTH**

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[dhs.gov](https://www.dhs.gov)

## **NATIONAL CHILD ABUSE PREVENTION MONTH**

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U.S. Department of Health & Human Services

[childwelfare.org](https://www.childwelfare.org)

## **STRESS AWARENESS MONTH**

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National Institutes of Health

[hr.nih.gov](https://www.hhs.gov/nih)

## **NATIONAL HUMOR MONTH**

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Association for Applied and Therapeutic Humor

[aath.org](https://www.aath.org)

## **NATIONAL OCCUPATIONAL THERAPY MONTH**

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The American Occupational Therapy Association

[aota.org](https://www.aota.org)

## **SEXUAL ASSAULT AWARENESS MONTH**

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National Sexual Violence Resource Center

[nsvrc.org](https://www.nsvrc.org)

## **TESTICULAR CANCER AWARENESS MONTH**

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American Association for Cancer Research

[aacr.org](https://www.aacr.org)

## **NATIONAL MONTH OF HOPE**

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Convoy of Hope

[convoyofhope.org](https://www.convoyofhope.org)

## **APRIL 1 – 7 NATIONAL PUBLIC HEALTH WEEK**

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American Public Health Association

[nphw.org](https://www.nphw.org)

## **APRIL 2 WORLD AUTISM AWARENESS DAY**

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Autism Speaks

[autismspeaks.org](https://www.autismspeaks.org)

## **APRIL 7 (SAME DATE EACH YEAR) WORLD HEALTH DAY**

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World Health Organization

[who.int](https://www.who.int)



# APRIL 2024 (continued)

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## APRIL 7 – 13 NATIONAL LIBRARY WEEK

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American Library Association  
[ala.org](http://ala.org)

## APRIL 9 NATIONAL DONATE LIFE BLUE & GREEN DAY

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HIV.gov  
[hiv.gov](http://hiv.gov)

## APRIL 12 NATIONAL DONATE LIFE BLUE & GREEN DAY

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Donate Life America  
[donatelife.net](http://donatelife.net)

## APRIL 14 (SAME DATE EACH YEAR) INTERNATIONAL MOMENT OF LAUGHTER DAY

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Izzy Gesell, Wide Angle Humor  
[izzyg.com](http://izzyg.com)

## APRIL 16 (SAME DATE EACH YEAR) NATIONAL HEALTHCARE DECISIONS DAY

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The Conversation Project  
[theconversationproject.org](http://theconversationproject.org)

## APRIL 21 – 27 NATIONAL VOLUNTEER WEEK

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Volunteer Now  
[volunteernow.org](http://volunteernow.org)

## APRIL 17 WORLD HEMOPHILIA DAY

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Medium  
[medium.com](http://medium.com)

## APRIL 22 (SAME DATE EACH YEAR) EARTH DAY

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Earth Day Network  
[earthday.org](http://earthday.org)

## APRIL 22 – 26 NATIONAL YOUTH VIOLENCE PREVENTION WEEK

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Sandy Hook Promise  
[sandyhookpromise.org](http://sandyhookpromise.org)

## APRIL 22 – 29 NATIONAL INFANT IMMUNIZATION WEEK

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[cdc.gov](http://cdc.gov)





## **APRIL 2024** (continued)

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### **APRIL 25 (FOURTH THURSDAY OF APRIL) TAKE YOUR DAUGHTERS AND SONS TO WORK DAY**

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**Daughters And Sons To Work® Day**  
[daughtersandsonstowork.org](http://daughtersandsonstowork.org)

### **APRIL 26 – 28 GLOBAL YOUTH SERVICE DAY**

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**Youth Service America**  
[ysa.org](http://ysa.org)



# MAY 2024

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## **BETTER SLEEP MONTH**

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The Better Sleep Council  
[bettersleep.org](http://bettersleep.org)

## **BUILDING SAFETY MONTH**

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PHCP Pros  
[phcppros.com](http://phcppros.com)

## **CORRECT POSTURE MONTH**

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PostureMonth.org  
[posturemonth.org](http://posturemonth.org)

## **HEALTHY VISION MONTH**

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American Academy of Ophthalmology  
[aao.org](http://aao.org)

## **HEPATITIS AWARENESS MONTH**

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[cdc.gov](http://cdc.gov)

## **LUPUS AWARENESS MONTH**

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Lupus Foundation of America, Inc.  
[lupus.org](http://lupus.org)

## **NATIONAL MELANOMA/SKIN CANCER AWARENESS MONTH**

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American Association for Cancer Research  
[aacr.org](http://aacr.org)

## **NATIONAL OSTEOPOROSIS MONTH**

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Bone Health & Osteoporosis Foundation  
[bonehealthandosteoporosis.org](http://bonehealthandosteoporosis.org)

## **NATIONAL PHYSICAL FITNESS AND SPORTS MONTH**

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Action for Healthy Kids  
[actionforhealthykids.org](http://actionforhealthykids.org)

## **NATIONAL STROKE AWARENESS MONTH**

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American Stroke Association  
[stroke.org](http://stroke.org)

Society for Public Health  
[sophe.org](http://sophe.org)

## **NATIONAL TEEN PREGNANCY PREVENTION MONTH**

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Catholic Charities of Southwest Kansas  
[catholiccharitiesswks.org](http://catholiccharitiesswks.org)

## **MAY 1 (FIRST WEDNESDAY IN MAY) PROJECT ACES DAY**

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Len Saunders  
[lensaunders.com](http://lensaunders.com)



## MAY 2024 (continued)

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### **MAY 1 – 7** (SAME DATES EACH YEAR) **NATIONAL PHYSICAL EDUCATION AND SPORTS WEEK**

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Society of Health & Physical Educators  
[shapeamerica.org](http://shapeamerica.org)

### **MAY 1 – 7** **BE KIND TO ANIMALS WEEK**

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American Humane  
[americanhumane.org](http://americanhumane.org)

### **MAY 1 – 7** **NORTH AMERICAN OCCUPATIONAL SAFETY AND HEALTH WEEK (NAOSH)**

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Columbia-Willamette  
[cwc.assp.org](http://cwc.assp.org)

### **MAY 6 – 12** (SAME DATES EACH YEAR) **NATIONAL NURSES WEEK**

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Veteran Community  
[veteran.com](http://veteran.com)

### **MAY 8** (WEDNESDAY DURING NATIONAL NURSES WEEK) **SCHOOL NURSE DAY**

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National Association of School Nurses  
[nasn.org](http://nasn.org)

### **MAY 8** (SAME DATE EACH YEAR) **WORLD RED CROSS/RED CRESCENT DAY**

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International Federation of Red Cross and Red  
Crescent Societies  
[ifrc.org](http://ifrc.org)

### **MAY 12 – 18** (WEEK OF FLORENCE NIGHTENGALE'S BIRTHDAY, MAY 12) **NATIONAL HOSPITAL AND HEALTHCARE WEEK**

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American Hospital Association  
[aha.org](http://aha.org)

### **MAY 12 – 18** (MOTHER'S DAY WEEK) **WOMEN'S HEALTH WEEK**

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A Celerian Group Company  
[cgsmedicare.com](http://cgsmedicare.com)

### **MAY 12 – 18** (MOTHER'S DAY WEEK) **NATIONAL SKILLED NURSING CARE WEEK**

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American Health Care Association  
[ahcanca.org](http://ahcanca.org)

### **MAY 17** **HIV VACCINE AWARENESS DAY**

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HIV.gov  
[hiv.gov](http://hiv.gov)



## MAY 2024 (continued)

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**MAY 18**  
**NATIONAL ASIAN AND PACIFIC  
ISLANDER HIV/AIDS AWARENESS  
DAY**

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**HIV.gov**  
[hiv.gov](http://hiv.gov)

**MAY 31** (SAME DATE EACH YEAR)  
**WORLD NO TOBACCO DAY**

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**CoEHAR**  
[coehar.org](http://coehar.org)

**MAY 20 – 26**  
**NATIONAL VOLUNTEER  
WEEK – AUSTRALIA**

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**Volunteering Australia**  
[volunteeringaustralia.org](http://volunteeringaustralia.org)

**MAY 20** (SAME DATE EACH YEAR)  
**WORLD AUTOIMMUNE  
AUTOINFLAMMATORY  
ARTHRITIS DAY** (WORLD AIARTHRITIS DAY)

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**International Foundation for Autoimmune  
& Autoinflammatory Arthritis (IFAA)**  
[aiarthritis.org](http://aiarthritis.org)

**MAY 29** (LAST WEDNESDAY IN MAY)  
**NATIONAL SENIOR HEALTH  
& FITNESS DAY**

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**Senior Health & Fitness**  
[fitnessday.com](http://fitnessday.com)



# JUNE 2024

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## **CATARACT AWARENESS MONTH**

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School of Medicine Ophthalmology  
[med.unc.edu](http://med.unc.edu)

## **NATIONAL SAFETY MONTH**

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National Safety Council  
[nsc.org](http://nsc.org)

## **NATIONAL SCLERODERMA AWARENESS MONTH**

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United Scleroderma Foundation, Inc.  
[scleroderma.org](http://scleroderma.org)

## **MIGRAINE AND HEADACHE AWARENESS MONTH**

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National Headache Foundation  
[headaches.org](http://headaches.org)

## **PTSD AWARENESS MONTH**

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U.S. Department of Veterans Affairs  
[ptsd.va.gov](http://ptsd.va.gov)

## **ALZHEIMER'S AND BRAIN AWARENESS MONTH**

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Alzheimer's Association  
[alz.org](http://alz.org)

## **JUNE 2 NATIONAL CANCER SURVIVORS DAY**

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National Cancer Survivors Day  
[ncsd.org](http://ncsd.org)

## **JUNE 3 (FIRST SATURDAY IN JUNE) NATIONAL TRAILS DAY**

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American Hiking Society  
[americanhiking.org](http://americanhiking.org)

## **JUNE 5 (SAME DATE EACH YEAR) WORLD ENVIRONMENT DAY**

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United Nations Environment  
[worldenvironmentday.global](http://worldenvironmentday.global)

## **JUNE 5 HIV LONG-TERM SURVIVORS AWARENESS DAY**

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HIV.gov  
[hiv.gov](http://hiv.gov)

## **JUNE 10 – 14 COMMUNITY HEALTH IMPROVEMENT WEEK**

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American Hospital Association  
[aha.org](http://aha.org)



# **JUNE 2024** (continued)

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## **JUNE 10 – 16** **NATIONAL MENS** **MENTAL HEALTH WEEK**

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**Men's Health Month**  
[menshealthmonth.org](https://menshealthmonth.org)

## **JUNE 14** (SAME DATE EACH YEAR) **WORLD BLOOD DONOR DAY**

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**World Health Organization**  
[who.int](https://who.int)

## **JUNE 26** (SAME DATE EACH YEAR) **NATIONAL HIV TESTING DAY**

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**HIVinfo.NIH.gov**  
[hivinfo.nih.gov](https://hivinfo.nih.gov)

## **JUNE 27** (SAME DATE EACH YEAR) **NATIONAL PTSD AWARENESS DAY**

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**Veteran Community**  
[veteran.com](https://veteran.com)



# JULY 2024

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## **NATIONAL PARK AND RECREATION MONTH**

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

## **UV SAFETY MONTH**

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**American Academy of Dermatology Association**  
[aad.org](http://aad.org)

## **JULY 14 – 20 EVERYBODY DESERVES A MASSAGE WEEK**

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**Associated Bodywork & Massage Professionals**  
[abmp.com](http://abmp.com)

## **JULY 20 ZERO HIV STIGMA DAY**

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**HIV.gov**  
[hiv.gov](http://hiv.gov)



# AUGUST 2024

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## **CHILDREN'S EYE HEALTH AND SAFETY MONTH**

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Prevent Blindness  
[preventblindness.org](https://preventblindness.org)

## **MEDIC ALERT AWARENESS MONTH**

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MedicAlert Foundation  
[medicalert.org](https://medicalert.org)

## **NATIONAL IMMUNIZATION AWARENESS MONTH**

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Center for Disease Control & Prevention  
[cdc.gov](https://cdc.gov)

## **NATIONAL BREASTFEEDING MONTH**

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Baptist Health System  
[baptisthealthsystem.com](https://baptisthealthsystem.com)

## **AUGUST 1 – 7 (SAME DATES EACH YEAR) WORLD BREASTFEEDING WEEK**

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World Alliance for Breastfeeding Action  
[waba.org](https://waba.org)

## **AUGUST 6 NATIONAL NIGHT OUT**

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National Night Out  
[natw.org](https://natw.org)

## **AUGUST 9 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE**

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United Nations  
[un.org](https://un.org)

## **AUGUST 7 – 13 NATIONAL HEALTH CENTER WEEK**

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National Health Center Week  
[healthcenterweek.org](https://healthcenterweek.org)

## **AUGUST 19 SOUTHERN HIV/AIDS AWARENESS DAY**

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HIV.gov  
[hiv.gov](https://hiv.gov)

## **AUGUST 26 NATIONAL FAITH HIV/AIDS AWARENESS DAY**

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HIV.gov  
[hiv.gov](https://hiv.gov)

## **AUGUST 30 NATIONAL GRIEF AWARENESS DAY**

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Better Help  
[betterhelp.org](https://betterhelp.org)





# SEPTEMBER 2024

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## **BABY SAFETY AWARENESS MONTH**

Juvenile Product Manufacturers Association  
[jpma.org](http://jpma.org)

## **BIODIVERSITY MONTH**

Dept. of the Climate Change, Energy, the Environment & Water  
[dcceew.gov.au](http://dcceew.gov.au)

## **BLOOD CANCER AWARENESS MONTH**

Blood Cancer Awareness Month  
[bloodcancermonth.org](http://bloodcancermonth.org)

## **CHILDHOOD CANCER AWARENESS MONTH**

American Association for Cancer Research  
[aacr.org](http://aacr.org)

## **FRUIT & VEGGIES MORE MATTERS® MONTH**

Society for Public Health Education  
[sophe.org](http://sophe.org)

## **HEALTHY AGING® MONTH**

Office of Disease Prevention & Health Promotion  
[health.gov](http://health.gov)

## **NATIONAL RECOVERY MONTH**

The Association for Addiction Professionals  
[naadac.org](http://naadac.org)

## **NATIONAL CHILDHOOD OBESITY AWARENESS MONTH**

WIC Works Resource System  
[wicworks.fns.usda.gov](http://wicworks.fns.usda.gov)

## **NATIONAL FOOD SAFETY EDUCATION MONTH**

U.S. Food & Drug  
[fda.gov](http://fda.gov)

## **NATIONAL OVARIAN CANCER AWARENESS MONTH**

American Association for Cancer Research  
[aacr.org](http://aacr.org)

## **NATIONAL PREPAREDNESS MONTH**

National Weather Service  
[weather.gov](http://weather.gov)

## **NATIONAL SICKLE CELL DISEASE AWARENESS MONTH**

Sickle Cell Disease Association of America, Inc.  
[sicklecelldisease.org](http://sicklecelldisease.org)



# SEPTEMBER 2024 (continued)

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## PROSTATE HEALTH MONTH AND PROSTATE CANCER AWARENESS MONTH

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American Association for Cancer Research  
[aacr.org](http://aacr.org)

## SEPTEMBER 11 (SAME DATE EACH YEAR) NATIONAL DAY OF SERVICE AND REMEMBRANCE

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AmeriCorps  
[americorps.gov](http://americorps.gov)

## SEPTEMBER 8 NATIONAL AFRICAN IMMIGRANTS AND REFUGEE HIV/AIDS AND HEPATITIS AWARENESS DAY

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HIV.gov  
[hiv.gov](http://hiv.gov)

## SEPTEMBER 17 NATIONAL HIV/AIDS AND AGING AWARENESS DAY

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HIV.gov  
[hiv.gov](http://hiv.gov)

## SEPTEMBER 8 – 14 SUICIDE PREVENTION WEEK

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Drlogy  
[drlogy.com](http://drlogy.com)

## SEPTEMBER 21 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF PEACE

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RELX SDG Resource Center  
[sdgresources.relx.com](http://sdgresources.relx.com)

## SEPTEMBER 8 – 14 NATIONAL ASSISTED LIVING WEEK

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National Center for Assisted Living  
[ahcanca.org](http://ahcanca.org)

## SEPTEMBER 27 NATIONAL GAY MEN'S HIV/AIDS AWARENESS DAY

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HIV.gov  
[hiv.gov](http://hiv.gov)

## SEPTEMBER 10 (SAME DATE EACH YEAR) WORLD SUICIDE PREVENTION DAY

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Samaritans  
[samaritans.org](http://samaritans.org)

## SEPTEMBER 28 NATIONAL PUBLIC LANDS DAY

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National Park Service  
[nps.gov](http://nps.gov)



# OCTOBER 2024

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## **DOMESTIC VIOLENCE AWARENESS MONTH**

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The National Child Traumatic Stress Network  
[nsts.org](https://nsts.org)

## **HEALTH LITERACY MONTH**

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Health Literacy Month  
[healthliteracymonth.org](https://healthliteracymonth.org)

## **NATIONAL BREAST CANCER AWARENESS MONTH**

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American Association for Cancer Research  
[aacr.org](https://aacr.org)

## **NATIONAL BULLYING PREVENTION MONTH**

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Case for Kids  
[hcde-texas.org](https://hcde-texas.org)

## **NATIONAL CHIROPRACTIC MONTH**

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American Chiropractic Association  
[acatoday.org](https://acatoday.org)

## **NATIONAL CRIME PREVENTION MONTH**

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Office for Victims of Crime  
[ovc.ojp.gov](https://ovc.ojp.gov)

## **NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH**

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American Behavioral Clinics  
[americanbehavioralclinics.com](https://americanbehavioralclinics.com)

## **NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH**

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U.S. Dept. of Labor  
[dol.gov](https://dol.gov)

## **NATIONAL LIVER CANCER AWARENESS MONTH**

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American Association for Cancer Research  
[aacr.org](https://aacr.org)

## **NATIONAL PHYSICAL THERAPY MONTH**

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American Physical Therapy Association  
[apta.org](https://apta.org)

## **NATIONAL MENOPAUSE AWARENESS MONTH**

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Champion Health  
[championhealth.co.uk](https://championhealth.co.uk)



# OCTOBER 2024 (continued)

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## OCTOBER 1 (SAME DATE EACH YEAR) WORLD VEGETARIAN DAY

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The Wicked Noodle  
[thewickednoodle.com](http://thewickednoodle.com)

## OCTOBER 1 (SAME DATE EACH YEAR) UNITED NATIONS INTERNATIONAL DAY OF OLDER PERSONS

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South African Government  
[gov.za](http://gov.za)

## OCTOBER 2 (FIRST MONDAY IN OCTOBER) WORLD HABITAT DAY

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UN Habitat  
[unhabitat.org](http://unhabitat.org)

## OCTOBER 14 INDIGENOUS PEOPLES' DAY

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King County  
[kingcounty.gov](http://kingcounty.gov)

## OCTOBER 10 (SAME DATE EACH YEAR) WORLD MENTAL HEALTH DAY

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World Health Organization  
[who.int](http://who.int)

## OCTOBER 14 NATIONAL LATINX AIDS AWARENESS DAY

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HIV.gov  
[hiv.gov](http://hiv.gov)

## OCTOBER 14 – 18 NATIONAL SCHOOL LUNCH WEEK

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School Nutrition Association  
[schoolnutrition.org](http://schoolnutrition.org)

## OCTOBER 15 – 21 NATIONAL HEALTHCARE QUALITY WEEK

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National Association for Healthcare Quality  
[nahq.org](http://nahq.org)

## OCTOBER 17 (SAME DATE EACH YEAR) INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY

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United Nations  
[un.org](http://un.org)

## OCTOBER 21 – 25 NATIONAL HEALTH EDUCATION WEEK

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Immunization Coalition of Los Angeles County  
[immunizelac.org](http://immunizelac.org)



# **OCTOBER 2024** (continued)

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**OCTOBER 20** (SAME DATE EACH YEAR)  
**WORLD OSTEOPOROSIS DAY**

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South African Government  
[gov.za](http://gov.za)

**OCTOBER 26** (FOURTH SATURDAY IN OCTOBER)  
**MAKE A DIFFERENCE DAY**

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Volunteer Center of Lehigh Valley  
[volunteerlv.org](http://volunteerlv.org)

**OCTOBER 29** (SAME DATE EACH YEAR)  
**WORLD STROKE DAY**

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American Stroke Association  
[stroke.org](http://stroke.org)



# NOVEMBER 2024

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## AMERICAN DIABETES MONTH

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American Diabetes Association  
[diabetes.org](https://diabetes.org)

## NATIVE AMERICAN HERITAGE MONTH

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Diversity  
[diversityresources.com](https://diversityresources.com)

## DIABETIC EYE DISEASE MONTH

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School of Medicine Ophthalmology  
[med.unc.edu](https://med.unc.edu)

## LUNG CANCER AWARENESS MONTH

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American Association for Cancer Research  
[aacr.org](https://aacr.org)

## NATIONAL EPILEPSY AWARENESS MONTH

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Epilepsy Foundation  
[epilepsy.com](https://epilepsy.com)

## NATIONAL HEALTHY SKIN MONTH

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American Academy of Dermatology  
[aad.org](https://aad.org)

## NATIONAL HOME CARE & HOSPICE MONTH

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National Association for Home Care & Hospice  
[nahc.org](https://nahc.org)

## NATIONAL HOSPICE AND PALLIATIVE CARE MONTH

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National Hospice and Palliative Care Organization  
[nhpco.org](https://nhpco.org)

## PANCREATIC CANCER AWARENESS MONTH

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American Association for Cancer Research  
[aacr.org](https://aacr.org)

## PREMATURITY AWARENESS MONTH

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March of Dimes  
[marchofdimes.org](https://marchofdimes.org)

## NOVEMBER 7 INTERNATIONAL DAY AGAINST VIOLENCE AND BULLING AT SCHOOL

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UNESCO  
[unesco.org](https://unesco.org)



# NOVEMBER 2024 (continued)

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## NOVEMBER 13 (SAME DATE EACH YEAR) WORLD KINDNESS DAY

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Random Acts of Kindness Foundation  
[randomactsofkindness.org](http://randomactsofkindness.org)

## NOVEMBER 14 (SAME DATE EACH YEAR) WORLD DIABETES DAY

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Glade  
[glade.org](http://glade.org)

## NOVEMBER 14 – 18 (WEEK BEFORE THANKSGIVING) AMERICAN EDUCATION WEEK

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NC State University  
[ced.ncsu.edu](http://ced.ncsu.edu)

## NOVEMBER 15 (SAME DATE EACH YEAR) NATIONAL PHILANTHROPY DAY

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Association of Fundraising Professionals  
[afpglobal.org](http://afpglobal.org)

## NOVEMBER 15 (SAME DATE EACH YEAR) AMERICA RECYCLES DAY

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United States Environmental Protection Agency  
[epa.gov](http://epa.gov)

## NOVEMBER 16 – DECEMBER 31 (SAME DATE EACH YEAR) TIE ONE ON FOR SAFETY®

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Mothers Against Drunk Driving (MADD)  
[madd.org](http://madd.org)

## NOVEMBER 16 GREAT AMERICAN SMOKEOUT

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American Cancer Society  
[cancer.org](http://cancer.org)

## NOVEMBER 23 INTERNATIONAL SURVIVORS OF SUICIDE DAY

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American Foundation for Suicide Prevention (AFSP)  
[afsp.org](http://afsp.org)

## NOVEMBER 25 INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

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UNESCO  
[unesco.org](http://unesco.org)

## NOVEMBER 27 – DECEMBER 3 NATIONAL INFLUENZA VACCINATION WEEK

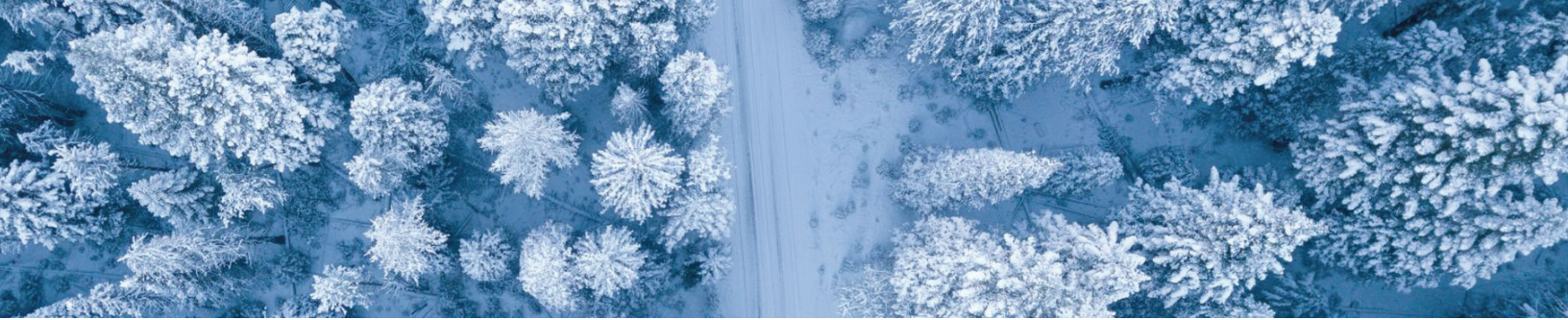
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Centers for Medicare & Medicaid Services  
[cms.gov](http://cms.gov)

## NOVEMBER 30 WORLD AIDS DAY

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HIV.gov  
[hiv.gov](http://hiv.gov)



# DECEMBER 2024

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## **NATIONAL IMPAIRED DRIVING PREVENTION MONTH**

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**Substance Abuse and Mental Health Services Administration**  
[samhsa.gov](http://samhsa.gov)

## **SAFE TOYS AND GIFTS MONTH**

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**UNC School of Medicine Ophthalmology**  
[med.unc.edu](http://med.unc.edu)

## **DECEMBER 1 (SAME DATE EACH YEAR) WORLD AIDS DAY**

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**UNESCO**  
[unesco.org](http://unesco.org)

## **DECEMBER 2 (SAME DATE EACH YEAR) INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY**

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**South African Government**  
[gov.za](http://gov.za)

## **DECEMBER 3 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF PERSONS WITH DISABILITIES**

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**World Health Organization**  
[who.int](http://who.int)

## **DECEMBER 5 (SAME DATE EACH YEAR) INTERNATIONAL VOLUNTEER DAY**

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**Neil Squire**  
[neilsquire.ca](http://neilsquire.ca)

## **DECEMBER 10 (SAME DATE EACH YEAR) HUMAN RIGHTS DAY**

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**South African Government**  
[gov.za](http://gov.za)

## **DECEMBER 21 (WINTER SOLSTICE) NATIONAL HOMELESS PERSONS' MEMORIAL DAY**

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**National Health Care for the Homeless Council**  
[nhchc.org](http://nhchc.org)





# 2024 HEALTH & WELLNESS OBSERVANCES CALENDAR

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