



**2022**  
**HEALTH & WELLNESS**  
**OBSERVANCES CALENDAR**

National Wellness Institute





# JANUARY 2022

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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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March of Dimes Birth Defects Foundation  
[marchofdimes.com](http://marchofdimes.com)

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

## **NATIONAL BLOOD DONOR MONTH**

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American Association of Blood Banks  
[aabb.org](http://aabb.org)

American Red Cross  
[redcross.org](http://redcross.org)

## **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 9 - 15 (SECOND WEEK IN JANUARY) HOME OFFICE SAFETY AND SECURITY WEEK**

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

## **JANUARY 16 - 22 NATIONAL HEALTHY WEIGHT WEEK**

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

## **JANUARY 16 - 22 NATIONAL CERTIFIED NURSE ANESTHETISTS WEEK**

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

## **JANUARY 17 (MARTIN LUTHER KING DAY) KING DAY OF SERVICE**

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



# FEBRUARY 2022

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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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Contact your local chapter of the  
American Heart Association  
[americanheart.org](http://americanheart.org)

AHA National Center  
[cdc.gov](http://cdc.gov)

## NATIONAL CANCER PREVENTION MONTH

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American Institute for Cancer Research  
[aicr.org](http://aicr.org)

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

## NATIONAL CHILDREN'S DENTAL HEALTH MONTH

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

## NATIONAL CONDOM MONTH

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American Sexual Health Association  
[ashasexualhealth.org](http://ashasexualhealth.org)

## WISE HEALTH CONSUMER MONTH

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

## FEBRUARY 3 (SAME DATE EACH YEAR) NATIONAL WOMEN PHYSICIANS DAY

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American Medical Women's Association  
[amwa-doc.org](http://amwa-doc.org)

## FEBRUARY 4 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 11 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

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



# **FEBRUARY 2022** (continued)

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## **FEBRUARY 13 – 19 NATIONAL CARDIAC REHABILITATION WEEK**

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**AACVPR Office**  
[aacvpr.org](http://aacvpr.org)

**Donate Life America**  
[donatelifenet.com](http://donatelifenet.com)

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

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**World Association of Girl Guides and Girl Scouts**  
[worldthinkingday.org](http://worldthinkingday.org)

## **FEBRUARY 20 - 26 NATIONAL EATING DISORDER AWARENESS WEEK**

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**National Eating Disorders Association (NEDA)**  
[nationaleatingdisorders.org](http://nationaleatingdisorders.org)



# MARCH 2022

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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)

## **BRAIN INJURY AWARENESS MONTH**

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Brain Injury Association of America  
[biausa.org](http://biausa.org)

## **HEMOPHILIA MONTH**

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

## **NATIONAL COLORECTAL AWARENESS MONTH**

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Prevent Cancer Foundation  
[preventcancer.org/colorectal](http://preventcancer.org/colorectal)

## **NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH**

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The Arc of the United States  
[thearc.org](http://thearc.org)

## **NATIONAL EYE DONOR MONTH**

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EBAA, Eye Bank Association of America  
[restoresight.org](http://restoresight.org)

## **NATIONAL KIDNEY MONTH**

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National Kidney Foundation  
[kidney.org](http://kidney.org)

## **NATIONAL NUTRITION MONTH**

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

## **NATIONAL PROBLEM GAMBLING AWARENESS MONTH**

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The National Council on Problem Gambling, Inc.  
[ncpgambling.org](http://ncpgambling.org)

## **NATIONAL PROFESSIONAL SOCIAL WORK MONTH**

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National Association of Social Workers  
[socialworkers.org](http://socialworkers.org)

## **SAVE YOUR VISION MONTH**

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American Optometric Association  
[aoa.org](http://aoa.org)

## **WORKPLACE EYE WELLNESS MONTH**

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



# MARCH 2022 (continued)

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## **NATIONAL ATHLETIC TRAINING MONTH**

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

## **FEBRUARY 28 - MARCH 4 NATIONAL SCHOOL BREAKFAST WEEK**

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

## **MARCH 6 – 12 APLASTIC ANEMIA AND MDS WEEK**

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

## **MARCH 6 – 12 (WEEK BEFORE DAYLIGHT SAVINGS TIME) NATIONAL SLEEP AWARENESS WEEK**

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National Sleep Foundation  
[sleepfoundation.org](http://sleepfoundation.org)

## **MARCH 13 – 19 NATIONAL PULMONARY REHABILITATION WEEK**

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

## **MARCH 20 – 26 (THIRD WEEK IN MARCH) NATIONAL POISON PREVENTION WEEK**

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American Association of Poison Control Centers  
[aapcc.org](http://aapcc.org)

## **MARCH 20 (SAME DATE EACH YEAR)**

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National Native HIV/AIDS Awareness Day  
[hiv.gov](http://hiv.gov)

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

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UN Water  
[unwater.org](http://unwater.org)

## **MARCH 22 (FOURTH TUESDAY IN MARCH) AMERICAN DIABETES ALERT DAY**

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



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# APRIL 2022

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## **NATIONAL ALCOHOL AWARENESS MONTH**

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

## **NATIONAL AUTISM AWARENESS MONTH**

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Autism Society

[autism-society.org](http://autism-society.org)

## **NATIONAL CANCER CONTROL MONTH**

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Contact your local chapter or American Cancer Society

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

## **NATIONAL CHILD ABUSE PREVENTION MONTH**

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Prevent Child Abuse America

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

Child Welfare Information Gateway  
Children's Bureau/ACYF

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

## **COUNSELING AWARENESS MONTH**

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American Counseling Association (ACA)

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

## **NATIONAL DONATE LIFE MONTH**

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HRSA Information Center

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

## **STRESS AWARENESS MONTH**

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American Counseling Association (ACA)

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

## **NATIONAL HUMOR MONTH**

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Association for Applied and Therapeutic Humor

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

## **NATIONAL MINORITY HEALTH & HEALTH DISPARITIES MONTH**

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Office of Minority Health Resource Center

[minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)

## **NATIONAL OCCUPATIONAL THERAPY MONTH**

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The American Occupational Therapy Association

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

## **SEXUAL ASSAULT AWARENESS MONTH**

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National Sexual Violence Resource Center

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



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## APRIL 2022 (continued)

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### WOMEN'S EYE HEALTH AND SAFETY MONTH

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

### TESTICULAR CANCER AWARENESS MONTH

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[testicularcancerawarenessmonth.com](http://testicularcancerawarenessmonth.com)

### APRIL 3 – 9 NATIONAL LIBRARY WEEK

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

### APRIL 3 – 9 NATIONAL PUBLIC HEALTH WEEK

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American Public Health Association  
[nphw.org](http://nphw.org)

### APRIL 6 (FIRST WEDNESDAY OF APRIL) NATIONAL DAY OF HOPE

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Childhelp  
[childhelp.org](http://childhelp.org)

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

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

### APRIL 7 NATIONAL ALCOHOL SCREENING DAY

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Help Yourself. Help Others.  
[helpyourselfhelpothers.org](http://helpyourselfhelpothers.org)

### 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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[nhdd.org](http://nhdd.org)

### APRIL 17 – 23 (THIRD WEEK OF APRIL) NATIONAL VOLUNTEER WEEK

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The Points of Light and Hands on Network  
[PointsofLight.org](http://PointsofLight.org)



# APRIL 2022 (continued)

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

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

## APRIL 29 – MAY 1 GLOBAL YOUTH SERVICE DAY

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

## APRIL 28 (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 25 - 29 NATIONAL YOUTH VIOLENCE PREVENTION WEEK

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National Association of SAVE  
[nationalsave.org](http://nationalsave.org)

## APRIL 25 – MAY 2 NATIONAL INFANT IMMUNIZATION WEEK

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CDC, National Immunization Program  
[cdc.gov](http://cdc.gov)



# MAY 2022

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## **ASTHMA AND ALLERGY AWARENESS MONTH**

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Allergy and Asthma Foundation of America  
[aafa.org](http://aafa.org)

## **BETTER SLEEP MONTH**

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

## **BUILDING SAFETY MONTH**

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International Code Council  
[iccsafe.org](http://iccsafe.org)

## **CORRECT POSTURE MONTH**

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American Chiropractic Association  
Communications Department  
[acatoday.org](http://acatoday.org)

## **HEALTHY VISION MONTH**

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National Eye Institute  
[nei.nih.gov/hvm](http://nei.nih.gov/hvm)

## **HEPATITIS AWARENESS MONTH**

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American Liver Foundation  
[liverfoundation.org](http://liverfoundation.org)

## **HUNTINGTON'S DISEASE AWARENESS MONTH**

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Huntington's Disease Society of America  
[hdsa.org](http://hdsa.org)

## **LUPUS AWARENESS MONTH**

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

## **NATIONAL ARTHRITIS MONTH**

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Arthritis Foundation  
[arthritis.org](http://arthritis.org)

## **NATIONAL BIKE MONTH**

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League of American Bicyclists  
[bikeleague.org](http://bikeleague.org)

## **NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH**

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NHLBI Information Center  
[nhlbi.nih.gov](http://nhlbi.nih.gov)

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

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

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



## MAY 2022 (continued)

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### **NATIONAL MENTAL HEALTH MONTH**

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National Mental Health Association  
[nmha.org](http://nmha.org)

### **NATIONAL OSTEOPOROSIS MONTH**

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National Osteoporosis Foundation  
[nof.org](http://nof.org)

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

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President's Council on Fitness, Sports, and Nutrition  
[fitness.gov](http://fitness.gov)

### **NATIONAL STROKE AWARENESS MONTH**

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

### **NATIONAL TEEN PREGNANCY PREVENTION MONTH**

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Advocates for Youth  
[advocatesforyouth.org](http://advocatesforyouth.org)

### **OLDER AMERICANS MONTH**

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U.S. Dept. of Health and Human Services  
Administration for Community Living  
[acl.gov](http://acl.gov)

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

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National Association for Sport and Physical Education  
[shapeamerica.org](http://shapeamerica.org)

### **MAY 1 – 7 (FIRST FULL WEEK IN MAY) BE KIND TO ANIMALS WEEK**

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Humane Canada  
[humanecanada.ca](http://humanecanada.ca)

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

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

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American Society of Safety Engineers  
[asse.org/naosh](http://asse.org/naosh)



## MAY 2022 (continued)

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### MAY 4 (FIRST WEDNESDAY IN MAY) PROJECT ACES DAY

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(All Children Exercise Simultaneously)  
Youth Fitness Coalition, Inc.  
[projectaces.com](http://projectaces.com)

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

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American Nurses Association  
[nursingworld.org](http://nursingworld.org)

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

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American Red Cross  
[redcross.org](http://redcross.org)

### MAY 8 WORLD FAIR TRADE DAY

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World Fair Trade Association (WFTO)  
[wfto.com](http://wfto.com)

### MAY 8 – 14 (MOTHER'S DAY WEEK) NATIONAL NURSING HOME WEEK

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

### MAY 8 – 14 (MOTHER'S DAY WEEK) WOMEN'S HEALTH WEEK

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Office on Women's Health  
Department of Health and Human Services  
[cdc.gov/women](http://cdc.gov/women)

### MAY 8 – 14 (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 11 (WEDNESDAY DURING NATIONAL NURSES WEEK) SCHOOL NURSE DAY

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

### MAY 15 - 21 BIKE TO WORK WEEK

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League of American Bicyclists  
[bikeleague.org](http://bikeleague.org)

### MAY 20 BIKE TO WORK DAY

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League of American Bicyclists  
[bikeleague.org](http://bikeleague.org)



## **MAY 2022** (continued)

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### **MAY 15 – 21** **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 25** (LAST WEDNESDAY IN MAY) **NATIONAL SENIOR HEALTH** **& FITNESS DAY**

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[fitnessday.com](http://fitnessday.com)

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

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



# JUNE 2022

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## **CATARACT AWARENESS MONTH**

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

## **NATIONAL GREAT OUTDOORS MONTH**

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

## **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)

## **MEN'S HEALTH MONTH**

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

## **JUNE 4 (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 5-11 (FIRST FULL WEEK IN JUNE) COMMUNITY HEALTH IMPROVEMENT WEEK**

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

## **JUNE 5 (FIRST SUNDAY IN JUNE) NATIONAL CANCER SURVIVORS DAY**

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



## **JUNE 2022** (continued)

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### **JUNE 11** **FAMILY HEALTH & FITNESS DAY**

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

### **JUNE 12** (SECOND SUNDAY IN JUNE) **NATIONAL CHILDREN'S DAY**

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[nationalchildrensday.us](http://nationalchildrensday.us)

### **JUNE 13 – 19** (ENDING WITH FATHER'S DAY) **MEN'S HEALTH WEEK**

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Men's Health Network  
[menshealthweek.org](http://menshealthweek.org)

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

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World Health Organization  
[who.int/world-blood-donor-day](http://who.int/world-blood-donor-day)

### **JUNE 25-29** **NATIONAL WELLNESS** **CONFERENCE**

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National Wellness Institute  
[nationalwellness.org/nwci/](http://nationalwellness.org/nwci/)

### **JUNE 27** (SAME DATE EACH YEAR) **NATIONAL HIV TESTING DAY**

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AIDS.gov  
[aids.gov](http://aids.gov)

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

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



# JULY 2022

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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 Ophthalmology**  
[aao.org](http://aao.org)

## **JULY 10 – 16 EVERYBODY DESERVES A MASSAGE WEEK**

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

## **JULY 17 - 23 (3RD WEEK IN JULY) CAPTIVE NATIONS WEEK**

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



# AUGUST 2022

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

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

## **MEDIC ALERT AWARENESS MONTH**

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

## **NATIONAL BREASTFEEDING MONTH**

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United States Breastfeeding Committee  
[usbreastfeeding.org/](http://usbreastfeeding.org/)

## **NATIONAL IMMUNIZATION AWARENESS MONTH**

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

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

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La Leche League International  
[lli.org](http://lli.org)

## **AUGUST 5 NATIONAL NIGHT OUT**

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National Association of Town Watch  
[natw.org](http://natw.org)

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

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

## **AUGUST 7 – 13 (SECOND WEEK IN AUGUST) NATIONAL HEALTH CENTER WEEK**

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National Association of  
Community Health Centers, Inc.  
[healthcenterweek.org](http://healthcenterweek.org)

## **AUGUST 30 (SAME DATE EACH YEAR)**

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National Grief Awareness Day  
[nationalgriefawarenessweek.org](http://nationalgriefawarenessweek.org)



# SEPTEMBER 2022

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## **ALZHEIMER'S ASSOCIATION MEMORY WALK**

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Dates vary depending location. Contact your local Alzheimer's Association or visit [alz.org](http://alz.org)

## **BABY SAFETY AWARENESS MONTH**

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

## **BIODIVERSITY MONTH**

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Dept. of the Environment and Heritage Australia  
[environment.gov.au/biodiversity](http://environment.gov.au/biodiversity)

## **BLOOD CANCER AWARENESS MONTH**

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Leukemia and Lymphoma Society of America  
[lls.org](http://lls.org)

## **CHILDHOOD CANCER AWARENESS MONTH**

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CureSearch for Children's Cancer  
[curesearch.org](http://curesearch.org)

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

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Produce for Better Health Foundation  
[fruitsandveggies.org](http://fruitsandveggies.org)

## **HEALTHY AGING® MONTH**

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Healthy Aging Campaign  
Educational Television Network, Inc.  
[healthyaging.net](http://healthyaging.net)

## **NATIONAL RECOVERY MONTH**

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Substance Abuse and Mental Health Services  
Administration (SAMHSA) National Clearinghouse  
for Alcohol and Drug Information  
[recoverymonth.gov](http://recoverymonth.gov)

## **NATIONAL CHILDHOOD OBESITY AWARENESS MONTH**

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President's Council on Fitness, Sports & Nutrition  
[hhs.gov/fitness](http://hhs.gov/fitness)

## **NATIONAL CHOLESTEROL EDUCATION AWARENESS MONTH**

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National Heart, Lung, & Blood Institute  
[cdc.gov/cholesterol/cholesterol](http://cdc.gov/cholesterol/cholesterol)



# SEPTEMBER 2022 (continued)

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## **NATIONAL FOOD SAFETY EDUCATION MONTH**

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National Restaurant Association  
Education Foundation  
[foodsafetymonth.com](https://foodsafetymonth.com)

## **NATIONAL OVARIAN CANCER AWARENESS MONTH**

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National Ovarian Cancer Coalition, Inc.  
[ovariancancerawareness.org](https://ovariancancerawareness.org)

## **NATIONAL MENOPAUSE AWARENESS MONTH**

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North American Menopause Society  
[menopause.org](https://menopause.org)

## **NATIONAL PREPAREDNESS MONTH**

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Cosponsored by American Red Cross  
[redcross.org](https://redcross.org)

U.S. Dept. of Homeland Security  
[ready.gov](https://ready.gov)

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

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

## **PROSTATE HEALTH MONTH AND PROSTATE CANCER AWARENESS MONTH**

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Prostate Cancer Foundation  
[pcf.org](https://pcf.org)

## **SPORTS AND HOME EYE SAFETY MONTH**

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

## **WHOLE GRAINS MONTH**

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The Whole Grains Council  
[wholegrainscouncil.org](https://wholegrainscouncil.org)

## **SEPTEMBER 4 – 10 (WEEK OF SEPT. 10) SUICIDE PREVENTION WEEK**

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American Association of Suicidology  
[suicidology.org](https://suicidology.org)

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

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American Association of Suicidology  
[suicidology.org](https://suicidology.org)



# SEPTEMBER 2022 (continued)

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

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[911day.org](http://911day.org)

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

## SEPTEMBER 11 – 17 NATIONAL ASSISTED LIVING WEEK

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

## SEPTEMBER 21 (THIRD WEDNESDAY) BACKPACK AWARENESS DAY

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The American Occupational Therapy Association  
[aota.org](http://aota.org)

## SEPTEMBER 18 – 24 (3RD WEEK IN SEPT.) NATIONAL REHABILITATION WEEK

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American Medical Rehabilitation  
Provider Association  
[amrpa.org](http://amrpa.org)

## SEPTEMBER 18 – 24 (3RD WEEK IN SEPT.) NATIONAL FARM SAFETY AND HEALTH WEEK

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National Educational Center for Agricultural Safety  
[necasag.org](http://necasag.org)

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

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

## SEPTEMBER 24 (LAST SATURDAY) NATIONAL PUBLIC LANDS DAY

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National Environmental Education Foundation  
[publiclandsday.org](http://publiclandsday.org)

## SEPTEMBER 28 (LAST WEDNESDAY) NATIONAL WOMEN'S HEALTH & FITNESS DAY

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Health Information Resource Center  
[fitnessday.com/women](http://fitnessday.com/women)



# OCTOBER 2022

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## **ALZHEIMER'S ASSOCIATION MEMORY WALK**

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Dates vary depending on location.  
Contact your local Alzheimer's Association or visit  
[alz.org](http://alz.org)

## **AMERICAN HEART WALK**

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Dates vary depending on your location.  
American Heart Association  
[heartwalk.org](http://heartwalk.org)

## **AUTO BATTERY SAFETY MONTH**

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

## **EAT TOGETHER, EAT BETTER MONTH**

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Washington State University  
[nutrition.wsu.edu/ETEB](http://nutrition.wsu.edu/ETEB)

## **CHILDREN'S HEALTH MONTH**

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Office of Children's Health Protection  
U.S. Environmental Protection Agency  
[epa.gov/children](http://epa.gov/children)

## **DOMESTIC VIOLENCE AWARENESS MONTH**

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National Coalition Against  
Domestic Violence (NCADV)  
[ncadv.org](http://ncadv.org)

## **HEALTH LITERACY MONTH**

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Health Literacy Consulting  
[healthliteracymonth.org](http://healthliteracymonth.org)

## **HEALTHY BABIES MONTH**

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March of Dimes/Birth Defects Foundation  
[marchofdimes.com](http://marchofdimes.com)

## **HEALTHY LUNG MONTH**

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American Lung Association  
[lung.org](http://lung.org)

## **NATIONAL BREAST CANCER AWARENESS MONTH**

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National Breast Cancer Foundation  
[nationalbreastcancer.org](http://nationalbreastcancer.org)

## **NATIONAL BULLYING PREVENTION MONTH**

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PACER's National Bullying Prevention Center  
[pacer.org/bullying](http://pacer.org/bullying)



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# OCTOBER 2022 (continued)

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## **NATIONAL CHIROPRACTIC MONTH**

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

## **NATIONAL CRIME PREVENTION MONTH**

National Crime Prevention Council  
[ncpc.org](http://ncpc.org)

## **NATIONAL DENTAL HYGIENE MONTH**

American Dental Hygienists Association  
[adha.org/ndhm](http://adha.org/ndhm)

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

Screening for Mental Health, Inc.  
[mentalhealthscreening.org](http://mentalhealthscreening.org)

## **NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH**

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

## **NATIONAL FAMILY SEXUALITY EDUCATION MONTH**

Planned Parenthood Federation of America  
[plannedparenthood.org/](http://plannedparenthood.org/)

## **NATIONAL LIVER AWARENESS MONTH**

American Liver Foundation  
[liverfoundation.org](http://liverfoundation.org)

## **NATIONAL PHYSICAL THERAPY MONTH**

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

## **NATIONAL SPINA BIFIDA AWARENESS MONTH**

Spina Bifida Association of America  
[spinabifidaassociation.org](http://spinabifidaassociation.org)

## **NATIONAL SUDDEN INFANT DEATH SYNDROME (SIDS) AWARENESS MONTH**

SIDS Alliance  
[sidsalliance.org](http://sidsalliance.org)



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## OCTOBER 2022 (continued)

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### **NATIONAL UNICEF MONTH: TRICK-OR-TREAT FOR UNICEF**

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National Office of the US Fund for UNICEF  
[unicefusa.org](http://unicefusa.org)

### **TALK ABOUT YOUR MEDICINES MONTH**

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National Council on Patient Information  
and Education  
[talkaboutrx.org](http://talkaboutrx.org)

### **VEGETARIAN AWARENESS MONTH**

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North American Vegetarian Society  
[worldvegetarianday.org](http://worldvegetarianday.org)

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

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North American Vegetarian Society  
[worldvegetarianday.org](http://worldvegetarianday.org)

### **OCTOBER 1 (SAME DATE EACH YEAR)**

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United Nations International Day of Older Persons  
[un.org](http://un.org)

### **OCTOBER 9 – 15**

(WEEK INCLUDING OCTOBER 9 – CHICAGO FIRE)

### **NATIONAL FIRE PREVENTION WEEK**

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National Fire Protection Association  
[nfpa.org](http://nfpa.org)

### **OCTOBER 2 – 8 (FIRST FULL WEEK IN OCTOBER) NATIONAL MENTAL ILLNESS AWARENESS WEEK**

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NAMI - National Alliance on Mental Illness  
[nami.org/miaw](http://nami.org/miaw)

### **OCTOBER 3 (FIRST MONDAY IN OCTOBER) CHILD HEALTH DAY**

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U.S. Dept. of Health and Human Services  
[mchb.hrsa.gov](http://mchb.hrsa.gov)

### **OCTOBER 3 (FIRST MONDAY IN OCTOBER) WORLD HABITAT DAY**

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

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

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World Federation for Mental Health  
[wfmh.global](http://wfmh.global)



## OCTOBER 2022 (continued)

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### **OCTOBER 10** (SAME DATE EACH YEAR) **PUT THE BRAKES ON FATALITIES DAY**

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American Society of Civil Engineers  
[asce.org](http://asce.org)

### **OCTOBER 10 – 14** (SECOND FULL WEEK) **NATIONAL SCHOOL LUNCH WEEK**

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

### **OCTOBER 17** (SAME DATE ANNUALLY) **INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY**

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

### **OCTOBER 16 – 22** (3RD FULL WEEK IN OCTOBER) **NATIONAL PHARMACY WEEK**

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American Society of Health-System Pharmacists  
[ashp.org](http://ashp.org)

### **OCTOBER 16 – 22** (3RD FULL WEEK IN OCTOBER) **NATIONAL HEALTHCARE QUALITY WEEK**

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

### **OCTOBER 16 – 22** (3RD FULL WEEK IN OCTOBER) **INTERNATIONAL INFECTION PREVENTION WEEK**

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Association for Professionals in Infection  
Control and Epidemiology, Inc.  
[apic.org](http://apic.org)

### **OCTOBER 16 – 21** (3RD FULL WEEK IN OCTOBER) **NATIONAL HEALTH EDUCATION WEEK**

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

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

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International Osteoporosis Foundation  
[worldosteoporosisday.org](http://worldosteoporosisday.org)

### **OCTOBER 23 – 31** (SAME DATES EACH YEAR) **NATIONAL RED RIBBON CELEBRATION/ NATIONAL PLANT THE PROMISE WEEK**

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National Family Partnership  
[nfp.org](http://nfp.org)

### **OCTOBER 22** (FOURTH SATURDAY IN OCTOBER) **MAKE A DIFFERENCE DAY**

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# OCTOBER 2022 (continued)

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**OCTOBER 23 – 29** (LAST FULL WEEK OCTOBER)  
**NATIONAL RESPIRATORY  
CARE WEEK**

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American Association for Respiratory Care  
[aarc.org](http://aarc.org)

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

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



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# NOVEMBER 2022

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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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[nativeamericanheritagemonth.gov](https://nativeamericanheritagemonth.gov)

## DIABETIC EYE DISEASE MONTH

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

## LUNG CANCER AWARENESS MONTH

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

## NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

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Alzheimer's Disease and Related Disorders Association  
[alz.org](https://alz.org)

## NATIONAL EPILEPSY AWARENESS MONTH

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Epilepsy Foundation of America  
[efa.org](https://efa.org)

## NATIONAL FAMILY CAREGIVERS MONTH

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National Family Caregivers Association  
[nfcacares.org](https://nfcacares.org)

## 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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Pancreatic Cancer Action Network  
[pancan.org](https://pancan.org)



# NOVEMBER 2022 (continued)

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## **PREMATURITY AWARENESS MONTH**

March of Dimes Birth Defects Foundation  
[marchofdimes.com](http://marchofdimes.com)

## **NOVEMBER 1-DECEMBER 31**

(SAME DATE EACH YEAR)

## **TIE ONE ON FOR SAFETY®**

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

## **NOVEMBER 7 (FIRST MONDAY IN NOVEMBER)** **COLOR THE WORLD ORANGE** **FOR CRPS/RSD AWARENESS**

[colortheworldorange.com](http://colortheworldorange.com)

## **NOVEMBER 12 (SAME DATE EACH YEAR)** **WORLD PNEUMONIA DAY**

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

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

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

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

International Diabetes Federation  
[worlddiabetesday.org](http://worlddiabetesday.org)

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

Association of Fundraising Professionals  
[npdlove.com](http://npdlove.com)

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

National Recycling Coalition, Inc.  
[americarecyclesday.org](http://americarecyclesday.org)

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

National Education Association  
[nea.org](http://nea.org)

## **NOVEMBER 17 (THIRD THURSDAY)** **GREAT AMERICAN SMOKEOUT**

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

## **NOVEMBER 19 (SATURDAY BEFORE U.S. THANKSGIVING)** **INTERNATIONAL** **SURVIVORS OF SUICIDE DAY**

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

## **NOVEMBER 24 (ALWAYS THANKSGIVING DAY)** **NATIONAL FAMILY** **HEALTH HISTORY DAY**

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



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# DECEMBER 2022

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## **INTERNATIONAL AIDS AWARENESS MONTH**

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International HIV/AIDS Alliance  
[frontlineaids.org](http://frontlineaids.org)

## **NATIONAL IMPAIRED DRIVING PREVENTION MONTH**

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National Highway Traffic Safety Administration  
[nhtsa.gov/risky-driving](http://nhtsa.gov/risky-driving)

## **SAFE TOYS AND GIFTS MONTH**

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

## **UNIVERSAL HUMAN RIGHTS MONTH**

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United Nations Human Rights  
[ohchr.org](http://ohchr.org)

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

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

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

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

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

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

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

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United Nations Volunteers  
[unv.org](http://unv.org)

## **DECEMBER 4 – 10 (1ST FULL WEEK OF DECEMBER) NATIONAL HAND WASHING AWARENESS WEEK**

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Henry the Hand Foundation  
[henrythehand.com](http://henrythehand.com)

## **DECEMBER 4 – 10 NATIONAL INFLUENZA VACCINATION WEEK**

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

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

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United Nations Human Rights  
[ohchr.org](http://ohchr.org)

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

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



# 2022 HEALTH & WELLNESS OBSERVANCES CALENDAR

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Join the conversation



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PO Box 827, Stevens Point, WI 54481-0827  
715.342.2969 | [nwi@nationalwellness.org](mailto:nwi@nationalwellness.org) |  
[NationalWellness.org](http://NationalWellness.org)

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