<table>
<thead>
<tr>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
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| Cervical Health Awareness  
Glaucoma Awareness  
National Blood Donor  
National Birth Defects Prevention | American Heart Month  
National Cancer Prevention  
Children’s Dental Health  
Wise Health Consumer | National Nutrition Month  
American Red Cross Month  
Brain Injury Awareness  
Save Your Vision Month |

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<tr>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
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| Alcohol Awareness Month  
National Cancer Control  
Stress Awareness Month  
Donate Life Month  
National Humor Month | Employee Health & Fitness Month  
Mental Arthritis Month  
Better Sleep Month  
National Bike Month | Cataract Awareness  
Headache Awareness  
Great Outdoors Month  
World Environment Day  
National Safety Month |

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| Fireworks Safety Month  
Parks and Recreation Month  
Eye Injury Awareness  
UV Safety Month | National Immunization Month  
Children’s Eye Health & Safety  
National Breastfeeding Month  
Medic Alert Awareness Month | Prostate and Ovarian Cancer  
Childhood Obesity Month  
Fruits & Veggies Month  
Blood Cancer Awareness Month |

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National Bullying Prevention  
Healthy Babies Month  
American Heart Walk Month  
Eat Better, Eat Together Month | American Diabetes Month  
National Healthy Skin Month  
Home Care Awareness Month  
Pancreatic Cancer Awareness | International AIDS Awareness  
Drunk And Drugged Driving  
Safe Toys & Gift Month |
January

Cervical Health Awareness Month
National Cervical Cancer Coalition (NCCC) www.nccc–online.org

National Glaucoma Awareness Month
Glaucoma Research Foundation, www.glaucoma.org

National Blood Donor Month
American Association of Blood Banks, www.aabb.org

National Birth Defects Month
March of Dimes Birth Defects Foundation www.marchofdimes.com

February

Heart Month

National Cancer Prevention Month
American Institute for Cancer Research, www.ai cr.org
American Cancer Society www.cancer.org

National Children’s Dental Health Month
American Dental Association www.ada.org

Wise Health Consumer Month
American Institute for Preventive Medicine, www.healthylife.com

February 5 National Wear Red Day
The Heart Truth—a National Awareness Campaign for Women About Heart Disease
National Heart, Lung, and Blood Institute Health Information Center, www. hearttruth.gov or Women Heart

February 14-20 National Cardiac Rehabilitation Week
AACVPR Office, www.aacvpr.org

February 14-20 Random Acts of Kindness Week

February 23 –3/1 National Eating Disorders Awareness Week
National Nutrition Month
American Dietetic Association, [www.eatright.org](http://www.eatright.org)

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

Brain Injury Awareness Month
Brain Injury Association of America, [www.biausa.org](http://www.biausa.org)

National Save Your Vision Month
American Optometric Association [www.aoa.org](http://www.aoa.org)

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

March 6-12 National Sleep Awareness Week
National Sleep Foundation, [www.sleepfoundation.org](http://www.sleepfoundation.org)

March 7-11 National School Breakfast Week
School Nutrition Association, [www.schoolnutrition.org](http://www.schoolnutrition.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](http://www.happ.colostate.edu) or National Native American AIDS Prevention Center [www.nnaapc.org](http://www.nnaapc.org)

March 22 World Water Day
RC International Water and Sanitation Centre, [www.unwater.org](http://www.unwater.org)

March 22 American Diabetes Alert Day
American Diabetes Association Public Relations, [www.diabetes.org](http://www.diabetes.org)
**APRIL**

**National Alcohol Awareness Month**
SAMSHA’s National Clearinghouse for Alcohol & Drug Information, [www.ncadi.samsha.gov](http://www.ncadi.samsha.gov)

**National Cancer Control Month**
Contact your local chapter or American Cancer Society, [www.cancer.org](http://www.cancer.org)

**Stress Awareness Month**
American Counseling Association (ACA), [www.counseling.org](http://www.counseling.org)

**National Donate Life Month**
HRSA Information Center, [www.organdonor.gov/](http://www.organdonor.gov/)

**National Humor Month**
Association for Applied and Therapeutic Humor [www.aath.org](http://www.aath.org)

**Sexual Assault Awareness Month**
National Sexual Violence Resource Center, [www.nsvrc.org](http://www.nsvrc.org)

**April 6 National Day of Hope**
Child help USA National Headquarters, [www.childhelpusa.org](http://www.childhelpusa.org)

**April 4-10 National Public Health Week**
American Public Health Association, [www.apha.org](http://www.apha.org)

**April 7 World Health Day**
World Health Organization, [www.who.org](http://www.who.org), [www.paho.org](http://www.paho.org)

**April 10-16 National Volunteer Week**

**April 17-23 National Environmental Education Week**

**April 23-29 Medical Fitness Week**
Medical Fitness Association, [www.medicalfitness.org](http://www.medicalfitness.org)

**April 22 Earth Day**
Earth Day Network, [www.earthday.net](http://www.earthday.net)

**April 28 Take Your Daughters and Sons to Work Day**
Daughters And Sons To Work® Day, [www.daughtersandsonstowork.org/wmspage.cfm?parm1=49](http://www.daughtersandsonstowork.org/wmspage.cfm?parm1=49)
MAY

Employee Health & Fitness Month
National Association for Health and Fitness, ACTIVE Life www.healthandfitnessmonth.com

National Mental Health Month
National Mental Health Association, www.nmha.org

Better Sleep Month
The Better Sleep Council, www.bettersleep.org

Asthma and Allergy Awareness Month
Allergy and Asthma Foundation of America, www.aafa.org, www.aanma.org

National Bike Month

National Arthritis Month
Arthritis Foundation, www.arthritis.org

National High Blood Pressure Education Month
NHLBI Information Center, www.nhlbi.nih.gov/

National Melanoma/Skin Cancer Awareness Month

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

National Stroke Awareness Month
or American Heart Association

May 1 – 7 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 8-14 National Nursing Home Week
American Health Care Association www.ahcancal.org/events/nationalnursing_home_week/Pages/default.aspx
JUNE

**Cataract Awareness Month**
Prevent Blindness America [www.preventblindness.org](http://www.preventblindness.org)

**Migraine and Headache Awareness Month**
National Headache Foundation [www.headaches.org](http://www.headaches.org)

**National Great Outdoors Month**
American Recreation Coalition [www.greatoutdoorsmonth.org](http://www.greatoutdoorsmonth.org)

**National Safety Month**
National Safety Council, info@ncs.org, [www.nsc.org](http://www.nsc.org)

**June 5 World Environment Day**
United Nations Environment Program (UNEP) [www.unep.org/wed](http://www.unep.org/wed)

**June 5 National Cancer Survivors Day**
National Cancer Survivors Day Foundation, [www.ncsdf.org](http://www.ncsdf.org)

**June 14 National Children’s Day**
[www.nationalchildrensday.us/](http://www.nationalchildrensday.us/)

**June 14 World Blood Donor Day**
[www.wbdd.org](http://www.wbdd.org)

**June 13-19 National Men’s Health Week**
National Men’s Health Network, [www.menshealthweek.org](http://www.menshealthweek.org)
JULY

**Fireworks Safety Months**
National Council on Fireworks Safety, getinfo@fireworksafety.com, www.fireworksafety.com

**National Park and Recreation Month**
National Recreation and Park Association www.nrpa.org

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

**UV Safety Month**
American Academy of Ophthalmology www.aao.org

**July 12-18 Every Body Deserves a Massage Week**
Associated Bodywork & Massage Professionals www.abmp.com

AUGUST

**National Immunization Awareness Month**
Center for Disease Control & Prevention, www.cdc.gov/vaccines

**Children’s Eye Health and Safety Month**
American Academy of Ophthalmology www.aao.org

**National Breastfeeding Month**
United States Breastfeeding Committee www.usbreastfeeding.org/

**Medic Alert Awareness Month**
www.medicalert.org

**Cataract Awareness Month**

**August 1 – 7 World Breastfeeding Week**

**August 7-13 National Health Center Week**
National Association of Community Health Centers, Inc. www.healthcenterweek.com/

**August 2 National Night Out**, www.nationalnightout.org/nno/about.html
SEPTMBER

National Ovarian Cancer Awareness Month
National Ovarian Cancer Coalition, Inc., www.ovarian.org

Prostate Health Month
National Prostate Cancer Coalition, www.menshealthnetwork.org

National Childhood Obesity Awareness Month
President’s Council on Fitness, Sports & Nutrition www.fitness.gov

Fruit & Veggie Month

National Cholesterol Education Awareness Month
National Heart, Lung, & Blood Institute Information Center, hp2010.nhlbhin.net/cholmonth/

America on the Move – Month of Action
American on the Move Foundation, 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.healthyaging.net

National Food Safety Education Month
Educational Foundation International Food Safety Council, www.foodsafety.gov/

National Preparedness Month
Cosponsored by American Red Cross National Headquarters, www.redcross.org

September 5-11 Suicide Prevention Week
American Association of Suicidology www.suicidology.org

September 24 Family Health and Fitness Day USA
Health Information Resource Center, www.fitnessday.com

September 28 National Women’s Health & Fitness Day
Health Information Resource Center, www.fitnessday.com
OCTOBER

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 Bullying Prevention Month
PACER’s National Bullying Prevention Center www.pacer.org/bullying/

Healthy Lung Month
American Lung Association, www.lungusa.org
Contact your local Lung Association

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

Eat Better, Eat Together Month
Washington State University, www.nutrition.wsu.edu/ebet

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, vam.vawnet.org

Health Literacy Month
Health Literacy Consulting, www.healthliteracymonth.org

Healthy Babies Month
March of Dimes/Birth Defects Foundation, www.marchofdimes.com

National Physical Therapy Month

October 9-15 National Fire Prevention Week

October 2-8 National Mental Illness Awareness Week
American Psychiatric Association, www.healthminds.org
NAMI – National Alliance on Mental Illness
www.nami.org/template.cfm?section=mental_illness_awareness_week

October 23-31 National Red Ribbon Celebration/National Plant the Promise Week
(Campaign to keep kids off drugs) National Family Partnership at www.nfp.org
NOVEMBER

American Diabetes Month

Great American Smokeout Month

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

Pancreatic Cancer Awareness Month
Pancreatic Cancer Action Network [www.pancan.org](http://www.pancan.org)

Diabetic Eye Disease Month
Prevent Blindness America, [www.preventblindness.org](http://www.preventblindness.org)

National Alzheimer's Disease Awareness Month
Alzheimer's Disease and Related Disorders Association, [www.alz.org](http://www.alz.org)

National Child Mental Health Month
c/o New York University Child Study Center, [www.aboutourkids.org](http://www.aboutourkids.org)

National Family Caregivers Month
National Family Caregivers Association, [www.nfcacares.org](http://www.nfcacares.org)

National Healthy Skin Month
American Academy of Dermatology, [www.aad.org](http://www.aad.org)

November 13 World Kindness Day

November 14 World Diabetes Day
International Diabetes Federation Brussels, Belgium, [www.worlddiabetesday.org](http://www.worlddiabetesday.org)

November 15 America Recycles Day
National Recycling Coalition, Inc., [www.americarecyclesday.org](http://www.americarecyclesday.org)

November 17 Great American Smokeout

November 24 National Family Health History Day
U.S. Dept. of Health and Human Services, [www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory) [www.cdc.gov/vaccine/events](http://www.cdc.gov/vaccine/events)
DECEMBER

International Aids Awareness Month

National Drunk and Drugged Driving Prevention (3D) Month

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

December 5 (same date annually)

December 1 World AIDS Day

December 4-10 National Hand Washing Awareness Week
Henry the Hand Foundation, www.henrythehand.com

December 4-10 National Influenza Vaccination Week www.cdc.gov/flu/nivw/

December 10 Human Rights Day
United Nations Human Rights www.ohchr.org