January 4–10  
**National Folic Acid Awareness Week**  
National Council on Folic Acid  
folicacidinfo.org

January 18–24  (third week of January)  
**Healthy Weight Week**  
Healthy Weight Network  
www.healthyweightnetwork.com

January 25–31  
**National Certified Nurse Anesthetists Week**  
American Association of Nurse Anesthetists  
www.aana.com

January 19  (Martin Luther King Day)  
**King Day of Service**  
Corporation for National and Community Service  
www.mlkday.gov

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**Cervical Health Awareness Month**  
National Cervical Cancer Coalition  
www.nccc-online.org

**National Birth Defects Prevention Month**  
March of Dimes Birth Defects Foundation  
www.marchofdimes.com  
or  
Center for Disease Control & Prevention  
www.cdc.gov

**National Blood Donor Month**  
American Association of Blood Banks  
www.aabb.org  
or  
American Red Cross  
www.redcross.org

**National Glaucoma Awareness Month**  
Glaucoma Research Foundation  
www.glaucoma.org
FEBRUARY 2015

Start off Random Acts of Kindness week with a few thoughtful gestures on Monday and see how the kindness spreads throughout the week—and hopefully all year-long!

AMD/Low Vision Awareness Month
Prevent Blindness America
www.preventblindness.org

American Heart Month
Contact your local chapter of the American Heart Association
or
AHA National Center
www.americanheart.org
www.cdc.gov

National Cancer Prevention Month
American Institute for Cancer Research
www.aicr.org
American Cancer Society
www.cancer.org

National Children’s Dental Health Month
Contact the state or local dental society
or
American Dental Association
www.ada.org

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

February 4 (First Wednesday in February)
National Girls & Women in Sports Day
Women's Sports Foundation
www.womenssportsfoundation.org/en/home/advocate/ngwsd

February 6
National Wear Red Day
The Heart Truth—a National Awareness Campaign for Women About Heart Disease
National Heart, Lung, and Blood Institute
Health Information Center
www.hearttruth.gov
or
Women Heart
www.womenheart.org
or
Go Red For Women Cause Initiatives
American Heart Association National Center
www.goredforwomen.org

February 8 – 14
National Cardiac Rehabilitation Week
AACVPR Office
www.aacvpr.org

February 9 – 15
Random Acts of Kindness Week
Random Acts of Kindness Foundation
www.randomactsofkindness.org

February 14 (Valentine’s Day)
National Condom Awareness Day
www.ashastd.org

February 22 (Same date each year)
World Thinking Day
World Association of Girl Guides and Girl Scouts
www.worldthinkingday.org

February 22 – 28
National Eating Disorders Awareness Week
National Eating Disorders Association
www.nationaleatingdisorders.org
**American Red Cross Month**
American Red Cross, National Headquarters
or contact your local chapter
www.redcross.org

**Brain Injury Awareness Month**
Brain Injury Association of America
www.biausa.org

**Hemophilia Month**
National Hemophilia Foundation
www.hemophilia.org

**National Colorectal Awareness Month**
Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

**National Developmental Disabilities Awareness Month**
The Arc of the United States
www.thearc.org

**National Eye Donor Month**
EBAA, Eye Bank Association of America
www.restoresight.org

**National Kidney Month**
National Kidney Foundation
www.kidney.org

**National Nutrition Month**
Academy of Nutrition and Dietetics
www.eatright.org

**National Problem Gambling Awareness Month**
The National Council on Problem Gambling, Inc.
www.ncpgambling.org

**National Professional Social Work Month**
National Association of Social Workers
www.socialworkers.org

**Save Your Vision Month**
American Optometric Association
www.aoa.org

**Workplace Eye Health and Safety Month**
Prevent Blindness America
www.preventblindness.org

**National Athletic Training Month**
National Athletic Training Association
www.nata.org

**March 1 – 7**
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

**March 2 – 8** (week before daylight savings time)
National Sleep Awareness Week
National Sleep Foundation
www.sleepfoundation.org

**March 2 – 6**
National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

**March 8 – 14**
National Pulmonary Rehabilitation Week
American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

**March 15 – 21**
National Poison Prevention Week
Poison Prevention Council
www.poisonprevention.org

**March 18**
Kick Butts Day
Campaign for Tobacco–Free Kids
www.kickbuttsday.org

**March 20**
National Native HIV/AIDS Awareness Day
National Native American AIDS Prevention Center
www.nnaapc.org

**March 22** (same date each year)
World Water Day
UN Water
www.unwater.org

**March 23-27**
National Youth Violence Prevention Week
National Association of SAVE
www.nationalsave.org

**March 24** (fourth Tuesday in March)
American Diabetes Alert Day
American Diabetes Association
www.diabetes.org
April 2015

This month, learn about the disparities that occur within minority populations and what can be done to ensure everyone has equal opportunities to lead a healthy, well life!

National Alcohol Awareness Month
SAMSHA's National Clearinghouse for Alcohol & Drug Information
www.ncadd.org

National Autism Awareness Month
Autism Society
www.autism-society.org

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

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

Counseling Awareness Month
American Counseling Association (ACA)
www.counseling.org

National Donate Life Month
HRSA Information Center
www.organdonor.gov

Stress Awareness Month
American Counseling Association (ACA)
www.counseling.org

National Humor Month
Association for Applied and Therapeutic Humor
www.aath.org

National Minority Health & Health Disparities Month
Office of Minority Health Resource Center
www.minorityhealth.hhs.gov

National Occupational Therapy Month
The American Occupational Therapy Association
www.aota.org

National STDs/Family Planning Awareness Month
Centers for Disease Control and Prevention
www.cdc.gov/features/stdawareness

Sexual Assault Awareness Month
National Sexual Violence Rhhesource Center
www.nsvrc.org

Women’s Eye Health and Safety Month
Prevent Blindness America
www.preventblindness.org

April 1 (first Wednesday of April)
National Day of Hope
Childhelp
www.childhelp.org

April 3 – 5 (first weekend in April)
Alcohol-Free Weekend
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 6 – 12
National Public Health Week
American Public Health Association
www.nphw.org

April 7 (same date each year)
World Health Day
World Health Organization
www.who.org or www.paho.org

April 9
National Alcohol Screening Day
Screening for Mental Health, Inc.
www.mentalhealthscreening.org

April Continued >
April 12 – 18
National Library Week
American Library Association
www.ala.org

April 12 – 18 (third week of April)
National Volunteer Week
The Points of Light and Hands on Network
www.PointsofLight.org

April 17 – 19
Global Youth Service Day
Youth Service America
www.gysd.org

April 19 – 25
National Environmental Education Week (eeweek)
National Environmental Education Foundation
www.eeweek.org

April 14
International Moment of Laughter Day
Izzy Gesell, Wide Angle Humor
www.izzyg.com

April 16 (same date annually)
National Healthcare Decisions Day
www.nhdd.org

April 18 – April 25
National Infant Immunization Week
CDC, National Immunization Program
www.cdc.gov/vaccines/events/niiw/index.html

April 20 – 26
Medical Fitness Week
Medical Fitness Association
www.medicalfitness.org

April 22
Earth Day
Earth Day Network
www.earthday.net

April 23 (fourth Thursday April)
Take Your Daughters and Sons to Work Day
Daughters And Sons To Work® Day
www.daughtersandsonstowork.org
Asthma and Allergy Awareness Month
Allergy and Asthma Foundation of America
www.aafa.org

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

Building Safety Month
International Code Council
www.iccsafe.org

Correct Posture Month
American Chiropractic Association
Communications Department
www.acatoday.org

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

Healthy Vision Month
National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month
American Liver Foundation
www.liverfoundation.org

Huntington’s Disease Awareness Month
Huntington’s Disease Society of America
www.hdsa.org

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

National Arthritis Month
Arthritis Foundation
www.arthritis.org

National Bike Month
League of American Bicyclists
www.bikeleague.org

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

National Melanoma/Skin Cancer Awareness Month
American Academy of Dermatology
www.aad.org or
American Cancer Society
www.skincancer.org

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

National Osteoporosis Month
National Osteoporosis Foundation
www.nof.org

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

National Stroke Awareness Month
National Stroke Association
www.stroke.org or

National Teen Pregnancy Prevention Month
Advocates for Youth
www.advocatesforyouth.org

Older Americans Month
U.S. Dept. of Health and Human Services
Administration for Community Living
www.acf.gov

May 1 – 7 (same dates annually)
National Physical Education and Sports Week
National Association for Sport and Physical Education
www.shapeamerica.org

May 3 – 9 (first full week in May)
Be Kind to Animals Week
Canadian Federation of Humane Societies
www.cfhs.ca
American Humane Association
www.americanhumane.org

MAY CONTINUED >
National Wellness Institute’s 2015 Health & Wellness Observances Calendar

May 3 – 9 (first full week in May)
North American Occupational Safety and Health Week (NAOSH)
American Society of Safety Engineers
www.asse.org/naosh

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

May 6 (first Wednesday in May)
Project Aces Day
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com

May 6 (Wendesday during National Nurses Week)
School Nurse Day
www.nasn.org

May 8 (same date annually)
World Red Cross/Red Crescent Day
American Red Cross
www.redcross.org

May 9
World Fair Trade Day
World Fair Trade Association (WFTO)
www.wfto.com

May 10 – 16 (Mother’s Day week)
National Nursing Home Week
American Health Care Association
http://www.nnhw.org

May 10 – 16 (Mother’s Day week)
Women’s Health Week
Office on Women’s Health
Department of Health and Human Services
http://www.cdc.gov/women/

May 11 – 17
(week of Florence Nightengale’s birthday, May 12)
National Hospital and Healthcare Week
American Hospital Association
www.aha.org

May 11 – 17
National Volunteer Week – Australia
Volunteering Australia
www.volunteeringaustralia.org

May 11 – 15
Bike to Work Week
(Bike to Work Day: May 15)
League of American Bicyclists
www.bikeleague.org

May 20
World Autoimmune Arthritis Day
The International Foundation for Autoimmune Arthritis
www.ifautoimmunearthritis.org

May 27 (last Wednesday in May)
National Senior Health & Fitness Day
www.fitnessday.com
National Wellness Institute’s 2015 Health & Wellness Observances Calendar

JUNE 2015

Join hundreds of health and wellness professionals at the 40th Annual National Wellness Conference in Minneapolis this month!

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

Cataract Awareness Month
Prevent Blindness America
www.preventblindness.org

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

National Safety Month
National Safety Council
www.nsc.org

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

Migraine and Headache Awareness Month
National Headache Foundation
www.headaches.org

June 5
World Environment Day
United Nations Environment Programme (UNEP)
www.unep.org/wed

June 6 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org

June 7
National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncssf.org

June 14 (second Sunday in June)
National Children’s Day
www.nationalchildrensday.us

June 15 – 21 (ending with Father’s Day)
National Men’s Health Week
National Men’s Health Network
www.menshealthweek.org

June 14 (same date annually)
World Blood Donor Day
www.who.int/world-blood-donor-day

June 15 – 18 (Pre-Conferences starts June 13)
40th Annual National Wellness Conference
National Wellness Institute, Inc.
Minneapolis, MN
www.nationalwellness.org/Conference

June 27 (same date annually)
National HIV Testing Day
AIDS.gov
www.aids.gov
JULY 2015

Fireworks celebrations can go from awesome to tragic very quickly. Share tips for keeping everyone celebrating safe this month!

June & July
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworkssafety.org

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

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

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

August 4
National Night Out
National Association of Town Watch
www.natw.org

August 9 – 15 (second week in August)
National Health Center Week
National Association of Community Health Centers, Inc.
www.healthcenterweek.com

AUGUST 2015

This month, encourage employers to provide working mothers with access to comfortable and private lactation rooms, refrigeration space, and flexible scheduling.

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

Medic Alert Awareness Month
www.medicalert.org

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

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

August 1 – 7 (same dates annually)
World Breastfeeding Week
La Leche League International
www.llli.org/

August 4
National Night Out
National Association of Town Watch
www.natw.org

August 9 – 15 (second week in August)
National Health Center Week
National Association of Community Health Centers, Inc.
www.healthcenterweek.com

August 9
International Day of the World’s Indigenous People
United Nations
www.unesco.org
SEPTEMBER 2015

Take advantage of one of the many free classes offered as part of National Yoga Month to learn more about the varied physical, mental, and spiritual benefits of yoga.

Alzheimer’s Association Memory Walk (Fall weekend)
Dates vary depending location. Contact your local Alzheimer’s Association or visit www.alz.org

America on the Move – Month of Action
American on the Move Foundation
STEPtember, a month-long celebration inviting people to become more active and eat more healthfully (2010 new) www.americaonthemove.org

Baby Safety Awareness Month
Juvenile Product Manufacturers Association www.jpma.org

BioDiversity Month

Blood Cancer Awareness Month
Leukemia and Lymphoma Society of America www.lls.org

Childhood Cancer Awareness Month
CureSearch for Children’s Cancer www.curesearch.org

Fruit & Veggies More Matters Month

Healthy Aging™ Month
Healthy Aging Campaign Educational Television Network, Inc. www.healthyaging.net

National Cholesterol Education Awareness Month
National Heart, Lung, & Blood Institute www.cdc.gov/features/cholesterolawareness/

National Food Safety Education Month
National Restaurant Association Education Foundation www.foodsafetymonth.com

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

National Menopause Awareness Month
North American Menopause Society www.menopause.org

National Preparedness Month

National Sickle Cell Disease Awareness Month
Sickle Cell Disease Association of America, Inc. www.sicklecelldisease.org

National Yoga Month
Yoga Health Foundation www.yogamonth.org

Prostate Health Month
Prostate Cancer Foundation www.pcf.org

Sports and Home Eye Safety Month
Prevent Blindness America www.preventblindness.org

Whole Grains Month

SEPTEMBER CONTINUED >
National Wellness Institute’s
2015 Health & Wellness Observances Calendar

September 1 – 7 (same date annually)
National Childhood Injury Prevention Week
The American Academy of Pediatrics
www.healthychildren.org
Safe Kids Worldwide
www.safekids.org/

September 7 – 13
Suicide Prevention Week
American Association of Suicidology
www.suicidology.org

September 11
National Day of Service and Remembrance
www.911day.org/

September 13 – 19
National Assisted Living Week
National Center for Assisted Living
www.nalw.org

September 16 (third Wednesday)
Backpack Awareness Day
The American Occupational Therapy Association
www.aota.org

September 20 – 26 (third week in September)
National Rehabilitation Week
National Rehabilitation Awareness Foundation
www.nraf-rehabnet.org/

September 20 – 26 (third week in September)
National Farm Safety and Health Week
National Educational Center for Agricultural Safety
www.nsc.org/necas

September 21 (same date annually)
International Day of Peace
United Nations
www.un.org/en/events/peaceday/

September 27 – October 3 (last week in September)
Active Aging Week
International Council on Active Aging
www.icaa.cc

September 26 (last Saturday)
Family Health and Fitness Day USA
Health Information Resource Center
www.fitnessday.com/family

September 26 (last Saturday)
National Public Lands Day
National Public Lands Day
www.publiclandsday.org

September 30 (last Wednesday)
National Women’s Health & Fitness Day
Health Information Resource Center
www.fitnessday.com/women
With so many food-related observances this month, it is the perfect time to take a good look at what we eat, not only for our health, but also for the health of the planet.

Alzheimer’s Association Memory Walk (Fall Weekend)  
Dates vary depending location. Contact your local Alzheimer’s Association or visit 
[www.alz.org](http://www.alz.org)

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

Auto Battery Safety Month  
Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

Eat Better, Eat Together Month  
Washington State University  
[http://nutrition.wsu.edu/ETEB/](http://nutrition.wsu.edu/ETEB/)

Children’s Health Month  
Office of Children’s Health Protection  
U.S. Environmental Protection Agency  
[www2.epa.gov/children/childrens-health-month](http://www2.epa.gov/children/childrens-health-month)

Domestic Violence Awareness Month  
National Resource Center for Domestic Violence  
[www.nrcdv.org](http://www.nrcdv.org)

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

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

Healthy Lung Month  
American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

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

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

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

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

National Dental Hygiene Month  
American Dental Hygienists Association  
[www.adha.org/ndhm](http://www.adha.org/ndhm)

National Depression and Mental Health Screening Month  
Screening for Mental Health, Inc.  
[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

National Disability Employment Awareness Month  
U.S. Dept. of Labor  
[www.dol.gov/odep](http://www.dol.gov/odep)

National Family Sexuality Education Month  
Planned Parenthood Federation of America  
[www.plannedparenthood.org/](http://www.plannedparenthood.org/)

National Liver Awareness Month  
American Liver Foundation  
[www.liverfoundation.org](http://www.liverfoundation.org)

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

National Spina Bifida Awareness Month  
Spina Bifida Association of America  
[www.sbaa.org](http://www.sbaa.org)

National Sudden Infant Death Syndrome (SIDS) Awareness Month  
SIDS Alliance  
[www.sidsalliance.org](http://www.sidsalliance.org)

National UNICEF Month: Trick–or–Treat for UNICEF.  
National Office of the US Fund for UNICEF  
[www.unicefusa.org](http://www.unicefusa.org)
National Work and Family Month  
Alliance for Work–Life Progress  
www.awlp.org

Talk About Your Medicines Month  
National Council on Patient Information and Education  
www.talkaboutrx.org

Vegetarian Awareness Month  
North American Vegetarian Society  
www.worldvegetarianday.org

October 1 (annually same date)  
International Day of Older Persons  

October 4 – 10 (first full week in October)  
National Mental Illness Awareness Week  
American Psychiatric Association  
www.healthyminds.org  
NAMI – National Alliance on Mental Illness  
www.nami.org/miaw

October 4 – 10 (week including October 9 – Chicago Fire)  
National Fire Prevention Week  
National Fire Protection Association  
www nfpa org

October 5 (first Monday in October)  
Child Health Day  
U.S. Dept. of Health and Human Services  
mchb.hrsa.gov

October 5 (first Monday in October)  
World Habitat Day  
UN Habitat  
www.unhabitat.org/

October 7  
International Walk–to–School Day  
National Center for Safe Routes to School  
www.walktoschool.org

October 10 (always October 10)  
World Mental Health Day  
World Federation for Mental Health  
www.wfmh.org

October 10 (same date annually)  
Put the Brakes on Fatalities Day  
www.brakesonfatalities.org

October 12 – 16 (second full week)  
National School Lunch Week  
School Nutrition Association  
www.schoolnutrition.org

October 13 – 16 (week of Columbus Day)  
National Consultant Pharmacy Week  
American Society of Consultant Pharmacists  
www.ascp.com

October 17 (same date annually)  
International Day for the Eradication of Poverty  
United Nations  
www.un.org/en/events/povertyday/

October 18 – 24 (third full week in October)  
International Infection Prevention Week  
Association for Professionals in Infection Control and Epidemiology, Inc.  
www.apic.org

October 18 – 24 (third week in October)  
National Health Education Week  
Society for Public Health Education  
www.sophe.org/NHEW.cfm

October 18 – 24 (third week in October)  
National Healthcare Quality Week  
National Association for Healthcare Quality  
www.nahq.org/

October 20 (same date annually)  
World Osteoporosis Day  
International Osteoporosis Foundation  
www.worldosteo.org

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

October 24 (same date annually)  
Food Day  
Center for Science in the Public Interest  
www.foodday.org

October 24 (fourth Saturday in October)  
Make a Difference Day  
www.makeadifferenceday.com

October 25 – 31 (last full week October)  
National Respiratory Care Week  
American Association for Respiratory Care  
www.aarc.org
Those who care for family members may often neglect their own health in the process. During National Family Caregivers Month, look for ways to provide support and resources to those caring for others.

American Diabetes Month
American Diabetes Association
www.diabetes.org

Native American Heritage Month
Indian Health Service (HQ)
www.ihs.gov/index.cfm
http://nativeamericanheritagemonth.gov/

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

Great American Smokeout Month
American Cancer Society
www.cancer.org

Lung Cancer Awareness Month
American Cancer Society
www.cancer.org

National Alzheimer’s Disease Awareness Month
Alzheimer’s Disease and Related Disorders Association
www.alz.org

National Epilepsy Awareness Month
Epilepsy Foundation of America
www.efam.org

National Family Caregivers Month
National Family Caregivers Association
www.nfca.cares.org

National Healthy Skin Month
American Academy of Dermatology
www.aad.org

National Home Care Month
National Association for Home Care & Hospice
www.nahc.org

National Hospice and Palliative Care Month
National Hospice and Palliative Care Organization
www.nhpco.org

Pancreatic Cancer Awareness Month
Pancreatic Cancer Action Network
www.pancan.org

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

November 13
World Pneumonia Day
www.worldpneumoniaday.org

November 13
World Kindness Day
Random Acts of Kindness
www.randomactsofkindness.org

November 14 (same date annually)
World Diabetes Day
International Diabetes Federation
www.worlddiabetesday.org

November 15 (same date annually)
National Philanthropy Day
Association of Fundraising Professionals
www.npdlove.com

November 15 (same date annually)
America Recycles Day
National Recycling Coalition, Inc.
www.americarecyclesday.org

November 16 – 20 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.org

November 19 (third Thursday)
Great American Smokeout
American Cancer Society
www.cancer.org

November 21 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday

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

November 27 – January 1
(T.U. Thanksgiving - New Year’s Day)
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.org
DECEMBER 2015

With all the holiday parties and celebrations this month, drunk driving accidents increase dramatically. Give the gift of a safe ride home and ensure everyone has a happy and healthy New Year.

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

National Drunk and Drugged Driving Prevention (3D) Month
National Highway Traffic Safety Administration
http://www.nhtsa.gov/StopImpairedDriving

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

December 1 (same date annually)
World AIDS Day
AIDS.gov
www.aids.gov

December 5 (same date annually)
International Volunteer Day
United Nations Volunteers
www.unv.org
www.worldvolunteerweb.org

December 6 – 12 (first full week of December)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 6 – 12
National Influenza Vaccination Week
www.cdc.gov/flu/nivw/

December 10 (same date annually)
Human Rights Day
United Nations Human Rights
www.ohchr.org

DECEMBER 2015
With all the holiday parties and celebrations this month, drunk driving accidents increase dramatically. Give the gift of a safe ride home and ensure everyone has a happy and healthy New Year.