

2012 Health & Wellness Observances Calendar



Presented by the
**National
Wellness
Institute**
Est. 1977

JANUARY

Not everyone works well with New Year's resolutions, so just make a conscious effort to make one healthy choice every day.

Cervical Health Awareness Month

National Cervical Cancer Coalition (NCCC)
www.nccc-online.org

National Birth Defects Prevention Month

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

National Blood Donor Month

American Association of Blood Banks
(AABB)
www.aabb.org

National Glaucoma Awareness Month

Glaucoma Research Foundation
www.glaucoma.org

January 1 – 2

National Folic Acid Awareness Week

National Council on Folic Acid
folicacidinfo.org

January 15 – 21 (third week of January)

Healthy Weight Week

Healthy Weight Network
www.healthyweightnetwork.com

January 16 (Martin Luther King Day)

MLK Day of Service (annually)

Corporation for National and Community Service
www.mlkday.gov

January 22 – 28

National Certified Nurse Anesthetists Week

American Association of Nurse Anesthetists
www.aana.com

FEBRUARY

Show someone you really love them by skipping the heart-shaped box of candy and opt for a heart-healthy gift instead.

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

National Condom Month

The Bacchus Network National Office
www.bacchusnetwork.org

National Senior Independence Month

Administration on Aging
www.aoa.gov

Wise Health Consumer Month

American Institute for Preventive Medicine
www.healthylife.com



National Wellness Institute's 2012 Health & Wellness Observances Calendar

February 1

National Girls & Women in Sports Day

National Girls and Women in Sports Coalition
AAHPERD

www.aahperd.org/nagws/programs/ngwsd

February 4

National Wear Red Day

The Heart Truth—a National Awareness Campaign for
Women About Heart Disease

National Heart, Lung, and Blood Institute
Health Information Center

www.hearttruth.gov or

Women Heart

www.womenheart.org or

Go Red For Women Cause Initiatives

American Heart Association National Center

www.goredforwomen.org/national_wear_red_day.aspx

February 12 – 18

National Cardiac Rehabilitation Week

AACVPR Office

www.aacvpr.org

February 14 (Valentine's Day)

National Condom Awareness Day

www.ashastd.org

February 13 – 19

Random Acts of Kindness Week

Random Acts of Kindness Foundation

www.actsofkindness.org

February 26 – March 3

National Eating Disorders Awareness Week

National Eating Disorders Association

www.nationaleatingdisorders.org

February 22

World Thinking Day

Girl Scouts

www.girlscouts.org/who_we_are/global/world_thinking_day/

Late February – Early April

Collegiate Safe Spring Break Programming

The Bacchus Network National Office

www.bacchusnetwork.org

MARCH

Donating blood is an easy way to save a life! Give on your own, or organize a blood drive in your community.

American Red Cross Month

American Red Cross, National Headquarters
or contact your local chapter

www.redcross.org

Brain Injury Awareness Month

Brain Injury Association of America

www.biausa.org

Hemophilia Month

National Hemophilia Foundation

www.hemophilia.org

Learning Disabilities Awareness Month

Learning Disabilities Association of Canada

www.ldac-acta.ca

National Colorectal Awareness Month

Cancer Research and Prevention Foundation

www.preventcancer.org/colorectal

National Developmental Disabilities Awareness Month

The Arc of the United States

www.thearc.org

National Eye Donor Month

EBAA, Eye Bank Association of America

www.restoresight.org

National Kidney Month

National Kidney Foundation

www.kidney.org

National Nutrition Month

American Dietetic Association

www.eatright.org



National Wellness Institute's 2012 Health & Wellness Observances Calendar

National Poison Prevention Month

Poison Prevention Council
www.poisonprevention.org

or

American Association of Poison Control Centers
www.aapcc.org

National Professional Social Work Month

National Association of Social Workers
www.socialworkers.org

Save Your Vision Month

American Optometric Association
www.aoa.org

Workplace Eye Health and Safety Month

Prevent Blindness America
www.preventblindness.org

March 4 – 10

National Collegiate Health and Wellness Week

The Bacchus Network National Office
www.bacchusnetwork.org

March 4 – 10

National Problem Gambling Awareness Week

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

March 4 – 10

National School Breakfast Week

School Nutrition Association
www.schoolnutrition.org

March 4 – 10 (week before daylight savings time)

National Sleep Awareness Week

National Sleep Foundation
www.sleepfoundation.org

March 13 – 19

National Pulmonary Rehabilitation Week

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

March 15 (third Thursday)

Companies that Care Day

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

March 18 – 24

National Poison Prevention Week

Poison Prevention Council
www.poisonprevention.org

March 20

National Native HIV/AIDS Awareness Day

Commitment to Action for 7th Generation
Awareness & Education: HIV/AIDS Prevention Project
www.happ.colostate.edu
or National Native American AIDS Prevention Center
www.nnaapc.org

March 18 – 24

National Youth Violence Prevention Week

National Association of SAVE
www.nationalsave.org

March 21

Kick Butts Day

Campaign for Tobacco-Free Kids
www.tobaccofreekids.org

March 22

World Water Day

RC International Water and Sanitation Centre
www.unwater.org

March 27 (fourth Tuesday in March)

American Diabetes Alert Day

American Diabetes Association
Public Relations
www.diabetes.org

APRIL

*Share a talent or skill through
volunteering. Contact your local United
Way or volunteer center and get involved!*

National Alcohol Awareness Month

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



National Wellness Institute's 2012 Health & Wellness Observances Calendar

National Cancer Control Month

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

National Child Abuse Prevention Month

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

National Counseling Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Donate Life Month

HRSA Information Center
www.organdonor.gov/

Stress Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Humor Month

Association for Applied and Therapeutic Humor
www.aath.org/authors_crisis.htm
Carmel institute Of Humor
www.larrywilde.com/month/htm
www.thehumorcollection.org/
www.comedycures.org

National Minority Health & Health Disparities Month

Office of Minority Health Resource Center
www.omhrc.gov

National Occupational Therapy Month

The American Occupational Therapy Association
www.aota.org

National STDs/Family Planning Awareness Month

American Social Health Association
www.ashastd.org/

National Youth Sports Safety Month

National Youth Sports Safety Foundation, Inc.
www.nyssf.org

Sexual Assault Awareness Month

National Sexual Violence Resource Center
www.nsvrc.org

Late February – Early April

Safe Spring Break Programming

The BACCHUS Network National Office
Association Task Force on Alcohol and Other Drugs
www.bacchusnetwork.org
American College Health Association
www.acha.org/index.cfm

April 1 – 7 (first full week)

National Week of the Ocean

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

April 4 (first Wednesday of April)

International Children's Book Day

International Board on Books for Young People
Basel, Switzerland
www.ibby.org/index.php?id=269

April 4 (first Wednesday of April)

National Day of Hope

Childhelp USA National Hdqtrs
www.childhelpusa.org

April 7 – 13 (starts on World Health Day)

National Public Health Week

American Public Health Association
www.apha.org

April 7 – 8

Alcohol-Free Weekend

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

April 7 (annually on April 7)

World Health Day

World Health Organization
www.who.org
www.paho.org

April 5

National Alcohol Screening Day

Screening for Mental Health, Inc.
www.mentalhealthscreening.org



National Wellness Institute's 2012 Health & Wellness Observances Calendar

April 8-14

National Library Week

American Library Association
www.ala.org

April 15 – 21

National Environmental Education Week (eeweeek)

National Environmental Education Foundation
www.eeweek.org

April 10

Siblings Day

Siblings Day Foundation
www.siblingsday.org/bodyframe.htm

April 14

International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor
www.izzyg.com

April 16 (annually on April 16)

National Healthcare Decisions Day

NHDD
www.nhdd.org

April 17 – 23

National Minority Cancer Awareness Week

National Cancer Institute
Public Inquiries Office
cancernet.nci.nih.gov

April 15 – 21 (third week of April)

National Volunteer Week

The Points of Light and Hands on Network
www.PointsofLight.org
We, the World, A United World
www.aunitedworld.org/nvw.asp

April 15 – 21

Medical Fitness Week

Medical Fitness Association
www.medicalfitness.org

April 20-22

Global Youth Service Day

Youth Service America
www.ysa.org/gysd

April 22

Earth Day

Earth Day Network
www.earthday.net

April 21 – April 28

National Infant Immunization Week

CDC, National Immunization Program
www.cdc.gov/vaccines/events/niiw

April 26 (fourth Thursday April)

Take Your Daughters and Sons to Work Day

Daughters And Sons To Work® Day
www.daughtersandsonstowork.org

April 27 (fourth Friday in April)

Remember Children Lost to Violence

Child Welfare League of America
www.cwla.org

MAY

*Enjoy the warmer weather while biking
to work in honor of both National Bike
Month and Clean Air Month.*

Asthma and Allergy Awareness Month

Allergy and Asthma Foundation of America
www.aafa.org
www.aanma.org

Better Sleep Month

The Better Sleep Council
www.bettersleep.org

Clean Air Month

Centers for Disease Control
www.cdc.gov/features/cleanairmonth

Correct Posture Month

American Chiropractic Association
Communications Department
www.amerchiro.org

Employee Health & Fitness Month

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



National Wellness Institute's 2012 Health & Wellness Observances Calendar

Healthy Vision Month/UV Safety

National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month

Hepatitis Foundation International
www.hepfi.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 Awareness Prevention 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
American Heart Association (National Center)
www.americanheart.org or contact your local AHA office

National Teen Pregnancy Prevention Month

Advocates for Youth
www.advocatesforyouth.org

National Tuberos Sclerosis Awareness Month

Tuberous Sclerosis Alliance
www.tsalliance.org

Older Americans Month

U.S. Dept. of Health and Human Services
Administration on Aging
www.aoa.gov

May 1 – 7 (same dates annually)

National Physical Education and Sports Week

National Association for Sport and Physical Education
(American Alliance for Health, Physical Education,
Recreation, and Dance)
www.aahperd.org

May 2 (first Wednesday in May)

Project Aces Day

(All Children Exercise Simultaneously)

Youth Fitness Coalition, Inc.
www.projectaces.com

May 5 (first Saturday in May)

Join Hands Day: Youth and Adults Volunteering Together

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

May 6 – 12 (same dates each year)

National Nurses Week

American Nurses Association
www.nursingworld.org

May 7 – 11 (first full week in May)

North American Occupational Safety and Health Week (NAOSH)

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



National Wellness Institute's 2012 Health & Wellness Observances Calendar

May 6 – 12 (first full week in May)

International Building Safety Week

International Code Council Foundation

www.icc-foundation.org

www.iccsafe.org/safety/BSW

May 6 – 12 (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 6 – 12 (Mother's Day week)

National Nursing Home Week

American Health Care Association

<http://www.nnhw.org>

May 6 – 12 (Mother's Day week)

Women's Health Week

Office on Women's Health

Department of Health and Human Services

www.4woman.gov/owh

May 6 – 12 (during week of May 12)

National Hospital Week

American Hospital Association

www.aha.org

May 8 (same date each year)

World Red Cross/Red Crescent Day

American Red Cross

Or contact your local chapter

www.redcross.org

May 9 (during National Nurses Week)

School Nurse Day

www.nasn.org

May 14 – 20

National Volunteer Week – Australia

The Center for Volunteering

www.volunteering.com.au/contact_us.asp

May 12

World Fair Trade Day

World Fair Trade Association (WFTO)

www.wfto.org

May 14 – 18 (third week in May)

Bike to Work Week

League of American Bicyclists

www.bikeleague.org

May 16 (third Wednesday)

National Employee Health and Fitness Day

National Association for Health and Fitness

www.physicalfitness.org

May 20 – 26 (last full week in May)

Older Americans Mental Health Week

Older Women's League

www.owl-national.org

May 30

National Senior Health & Fitness Day

www.fitnessday.com

JUNE

Being safe is a part of living well. June is a good month to take care of any safety concerns at the home or office.

(June & July)

Fireworks Safety Months

National Council on Fireworks Safety

www.fireworksafety.com

National Home Safety Month

Home Safety Council

www.homesafetycouncil.org/homesafetymonth

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



National Wellness Institute's 2012 Health & Wellness Observances Calendar

June 1 – 7 (same each year)

National Headache Awareness Week

National Headache Foundation
www.headaches.org

June 1 (annually on June 1)

Stand for Children Day

www.stand.org

June 2 (first Saturday in June)

National Trails Day

American Hiking Society
www.americanhiking.org

June 3

National Cancer Survivors Day

National Cancer Survivors Day Foundation
www.ncsdf.org

June 5

World Environment Day

United Nations Environment Programme (UNEP)
www.unep.org/wed

June 10 (Second Sunday in June)

National Children's Day

www.nationalchildrensday.us

June 11 – 17 (ending with Father's Day)

National Men's Health Week

National Men's Health Network
www.menshealthweek.org

June 14 (same date each year)

World Blood Donor Day

www.wbdd.org

June 27 (same date each year)

National HIV Testing Day

National Association of People With AIDS
www.napwa.org

JULY

Make plans to attend the National Wellness Conference this month! Expand your personal and professional wellness!

(June & July)

Fireworks Safety Months

National Council on Fireworks Safety
www.fireworksafety.com

Eye Injury Prevention Month

Federal Occupational Health
www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp

UV Safety Month

American Academy of Ophthalmology
www.aao.org

July 9 – 15 (second week in July)

National Therapeutic Recreation Week

NTRS - Branch of the National Park and Recreation Association
www.nrpa.org

July 17 – 23

Every Body Deserves a Massage Week

Associated Bodywork & Massage Professionals
www.abmp.com

AUGUST

When possible, try a walking meeting at work. The ideas will flow better once you get your blood pumping!

Cataract Awareness Month

American Academy of Ophthalmology
www.aao.org

Medic Alert Awareness Month

www.medicalert.org

National Immunization Awareness Month

Center for Disease Control & Prevention
www.cdc.gov/vaccines



National Wellness Institute's 2012 Health & Wellness Observances Calendar

August 1 – 7

World Breastfeeding Week

La Leche League International
www.llli.org/

August 6 – 10 (second week in August)

National Health Center Week

National Association of Community Health Centers, Inc.
www.healthcenterweek.com

August 7

National Night Out

America's Night Out Against Crime
www.nationalnightout.org/nno/about.html

August 9

International Day of the World's Indigenous People

Dag Hammarskjöld Library
United Nations
www.un.org/depts/dhl/indigenous

SEPTEMBER

*Don't miss out on the abundance of
fresh, local, organic produce at your local
farmers' market this month!*

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

Healthy Aging Month

Healthy Aging, Educational Television Network, Inc.
www.helahtyaging.net

BioDiversity Month

Dept. of the Environment and Heritage Australia
www.environment.gov.au/biodiversity

Children's Eye Health and Safety Month

Prevent Blindness America
www.preventblindness.org

Fruit & Veggie Month

Fruits & Veggies More Matters
www.fruitsandveggiesmatter.gov
www.movingtothefuture.org

Healthy Aging™ Month

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

Leukemia & Lymphoma Awareness Month

Leukemia and Lymphoma Society of America
www.leukemia-lymphoma.org

National Alcohol & Drug Addiction Recovery Month

Substance Abuse and Mental Health Services
Administration (SAMHSA)
National Clearinghouse for Alcohol and Drug Information
www.recoverymonth.gov

National Cholesterol Education Awareness Month

National Heart, Lung, & Blood Institute
hp2010.nhlbihin.net/cholmonth

National Food Safety Education Month

International Food Safety Council
National Restaurant Association
www.servsafe.com
Educational Foundation International Food Safety Council
www.foodsafety.gov

National Ovarian Cancer Awareness Month

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

National Menopause Awareness Month

North American Menopause Society
www.menopause.org

National Pain Awareness Month

American Pain Foundation
www.painfoundation.org



National Wellness Institute's 2012 Health & Wellness Observances Calendar

National Preparedness Month

Cosponsored by American Red Cross
www.redcross.org and
U.S. Dept of Homeland Security
www.ready.gov

National Sickle Cell Disease Awareness Month

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

National Yoga Month

Yoga Health Foundation
www.yogamonth.org

Prostate Health Month

National Prostate Cancer Coalition
www.menshealthnetwork.org

Sports and Home Eye Safety Month

Prevent Blindness America
www.preventblindness.org

Whole Grains Month

The Whole Grains Council
www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september

September 1 – 7 (same date annually)

National Childhood Injury Prevention Week

The American Academy of Pediatrics
www.aap.org/healthtopics/safety.cfm
Safe Kids Worldwide
www.pcaw.com

September 3 – 7 (first full week in September)

Suicide Prevention Week

American Association of Suicidology
www.suicidology.org

September 7 – 13

National Assisted Living Week

National Center for Assisted Living
www.nalw.org

September 7 (annually Sept. 7)

National Threatened Species Day

U.S. Headquarters
World Wildlife Fund (WWF)
www.worldwildlife.org

September 11

National Day of Service and Remembrance

www.911day.org/

September 16-22

National Rehabilitation Week

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

September 16-22

National Farm Safety and Health Week

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

September 19 – 25 (last full week)

Active Aging Week

International Council on Active Aging
www.icaa.cc

September 20 (third Tuesday)

Take A Loved One to the Doctor Day

National Health Information Center
www.healthfinder.gov/orgs

September 19 (third Wednesday)

Backpack Awareness Day

The American Occupational Therapy Association
www.aota.org

September 21 (Sept. 21 annually)

International Day of Peace

United Nations
www.un.org/en/events/peaceday/

September 29 (last Saturday)

Family Health and Fitness Day USA

Health Information Resource Center
www.fitnessday.com/family

September 26 (last Wednesday)

National Women's Health & Fitness Day

Health Information Resource Center
www.fitnessday.com/women

September 29 (last Saturday)

National Public Lands Day

National Public Lands Day
www.publiclandsday.org



OCTOBER

Get outside and enjoy the beautiful fall colors this month! Get your heart rate up by raking all those leaves by hand!

Alzheimer's Association Memory Walk (Fall Weekend)

Dates vary depending location. Contact your local Alzheimer's Association or visit www.alz.org

American Heart Walk

Dates vary depending on your location. American Heart Association www.heartwalk.org

Auto Battery Safety Month

Prevent Blindness America www.preventblindness.org

Eat Better, Eat Together Month

Washington State University nutrition.wsu.edu/ebet/

Children's Health Month

Office of Children's Health Protection
U.S. Environmental Protection Agency
yosemite.epa.gov/ochnp/ochnpweb.nsf/content/chm-home.htm

Domestic Violence Awareness Month

National Resource Center for Domestic Violence
dvam.vawnet.org

Health Literacy Month

Health Literacy Consulting
www.healthliteracymonth.org

Healthy Babies Month

March of Dimes/Birth Defects Foundation
www.marchofdimes.com

Healthy Lung Month

American Lung Association
www.lungusa.org

National Breast Cancer Awareness Month

www.nbcam.org or
The Susan G. Komen Breast Cancer Foundation
www.komen.org

National Chiropractic Month

American Chiropractic Association
www.acatoday.org/NCHM

National Crime Prevention Month

National Crime Prevention Council
www.ncpc.org

National Dental Hygiene Month

American Dental Hygienists Association
www.adha.org/ndhm

National Depression and Mental Health Screening Month

Screening for Mental Health, Inc.
www.mentalhealthscreening.org

National Disability Employment Awareness Month

U.S. Dept. of Labor
www.dol.gov/

National Family Sexuality Education Month

Planned Parenthood Federation of America
www.plannedparenthood.org/

National Liver Awareness Month

American Liver Foundation
www.liverfoundation.org

National Physical Therapy Month

American Physical Therapy Association
www.apta.org

National Spina Bifida Month

Spina Bifida Association of America
www.sbaa.org

National Sudden Infant Death Syndrome (SIDS) Awareness Month

SIDS Alliance
www.sidsalliance.org

National UNICEF Month: Trick-or-Treat for UNICEF.

National Office of the US Fund for UNICEF
www.unicefusa.org

National Work and Family Month

Alliance for Work-Life Progress
www.awlp.org



National Wellness Institute's 2012 Health & Wellness Observances Calendar

Talk About Prescriptions 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

<http://www.un.org/en/events/olderpersonsday>

October 1 (first Monday in October)

Child Health Day

U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 1 (first Monday in October)

World Habitat Day

UN Habitat
www.unhabitat.org/

October 3

International Walk-to-School Day

National Center for Safe Routes to School
www.walktoschool.org

October 7 – 13

National Mental Illness Awareness Week

American Psychiatric Association
www.healthyminds.org
NAMI – National Alliance on Mental Illness
www.nami.org/miaw

October 7 – 13 (Week including October 9 – Chicago Fire)

National Fire Prevention Week

National Fire Protection Association
www.nfpa.org

October 14 – 20 (second full week)

National School Lunch Week

School Nutrition Association
www.schoolnutrition.org

October 10 (always October 10)

World Mental Health Day

World Federation for Mental Health
www.wfmh.org

October 10 (always October 10)

Put the Brakes on Fatalities Day

The Transportation and Development Institute of the
American Society of Civil Engineers (T&DI)
www.brakesonfatalities.org

October 21 – 27 (third week)

International Infection Prevention Week

Association for Professionals in Infection Control and
Epidemiology, Inc.
www.apic.org

October 21-27 (third week)

National Health Education Week

Society for Public Health Education
www.sophe.org

October 21-27 (third week)

National Healthcare Quality Week

National Association for Healthcare Quality
www.nahq.org/

October 21-27 (third week)

Make Your Mark Week

(formerly Kids Care Week)
GenerationOn Kids Care Clubs
www.kidscare.org/about/kidsCareWeek

October 16 (always Oct 16)

World Food Day

National Committee for World Food Day
www.worldfooddayusa.org

October 17 (always October 17)

International Day for the Eradication of Poverty

United Nations
www.un.org/depts/dhl/poverty

October 20 (same date annually)

World Osteoporosis Day

International Osteoporosis Foundation
www.worldosteoporosisday.org

October 19 (always third Fri in Oct)

National Mammography Day

American Cancer Society
www.cancer.org or
Susan G. Komen Breast Cancer Foundation
www.komen.org



National Wellness Institute's 2012 Health & Wellness Observances Calendar

October 27 (fourth Sat in Oct)
Make a Difference Day
(celebrating people helping people)
www.makeadifferenceday.com

October 21 – 27 (fourth week)
National Consultant & Senior Care Pharmacists Week
American Society of Consultant Pharmacists
www.ascp.com

October 21 – 27 (last full week Oct)
National Respiratory Care Week
American Association for Respiratory Care
www.aarc.org

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

October 24 (same date annually)
Take Back Your Time Day
The Simplicity Forum
www.timeday.org/

October 26 (Wed of last week)
Lung Health Day
American Association for Respiratory Care
www.aarc.org

NOVEMBER

For many, quitting smoking can be a long struggle. Continue to be supportive long after that last puff.

American Diabetes Month
American Diabetes Association
www.diabetes.org

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

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

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

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

National Child Mental Health Month
c/o New York University Child Study Center
www.aboutourkids.org

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

National Family Caregivers Month
National Family Caregivers Association
www.nfcares.org

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

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

National Hospice Month
National Hospice and Palliative Care Organization
www.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 11 – 17 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.org



National Wellness Institute's
2012 Health & Wellness Observances Calendar

November 13
World Kindness Day
www.worldkindness.org.sg

November 14 (always Nov 14)
World Diabetes Day
International Diabetes Federation
www.worlddiabetesday.org

November 15 (always Nov 15)
National Philanthropy Day
Association of Fundraising Professionals
www.NationalPhilanthropyDay.net

November 15 (always Nov 15)
America Recycles Day
National Recycling Coalition, Inc.
www.americarecyclesday.org

November 15 (third Thursday)
Great American Smokeout
American Cancer Society
www.cancer.org

November 17
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday

November 22 – January 1
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.org

November 22 (always Thanksgiving Day)
National Family Health History Day
U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

DECEMBER

Wellness and health goals can easily be derailed during the holidays. Plan ahead to stay on track and avoid excess.

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

National Drunk and Drugged Driving Prevention (3D) Month
National Highway Traffic Safety Administration
www.stopimpaireddriving.org

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

December 1 (annually)
World AIDS Day
World AIDS Campaign
www.worldaidscampaign.org

December 2 – 8 (First full week of Dec)
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

December 2 – 8 (First full week of Dec)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 4 – 10
National Influenza Vaccination Week
<http://www.cdc.gov/flu/nivw/>

December 5
International Volunteer Day
United Nations Volunteers
www.unv.org
www.worldvolunteerweb.org

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

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