Blood banks are always in need of donations during the holidays and winter months. Celebrate National Blood Donor Month by organizing a blood drive in your community.

**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

**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
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

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

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!
Gambling addiction can affect almost anyone, with many suffering in secret. Sharing support and recovery resources this month may help someone take that first step.

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.naapc.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
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](http://www.ncadd.org)

**National Autism Awareness Month**
Autism Society
[www.autism-society.org](http://www.autism-society.org)

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

**National Child Abuse Prevention Month**
Prevent Child Abuse America
[www.preventchildabuse.org](http://www.preventchildabuse.org), or Child Welfare Information Gateway Children's Bureau/ACYF
[www.childwelfare.gov/preventing/preventionmonth/](http://www.childwelfare.gov/preventing/preventionmonth/)

**Counseling 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)

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

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

**National Minority Health & Health Disparities Month**
Office of Minority Health Resource Center
[www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)

**National Occupational Therapy Month**
The American Occupational Therapy Association
[www.aota.org](http://www.aota.org)

**National STDs/Family Planning Awareness Month**
Centers for Disease Control and Prevention
[www.cdd.org/features/stdawareness](http://www.cdd.org/features/stdawareness)

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

**Women’s Eye Health and Safety Month**
Prevent Blindness America
[www.preventblindness.org](http://www.preventblindness.org)

**April 1 (first Wednesday of April)**
**National Day of Hope**
Childhelp
[www.childhelp.org](http://www.childhelp.org)

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

**April 6 – 12**
**National Public Health Week**
American Public Health Association
[www.nphw.org](http://www.nphw.org)

**April 7 (same date each year)**
**World Health Day**
World Health Organization
[www.who.org](http://www.who.org) or [www.paho.org](http://www.paho.org)

**April 9**
**National Alcohol Screening Day**
Screening for Mental Health, Inc.
[www.mentalhealthscreening.org](http://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
### May 2015

*National Mental Health Month is a great opportunity to work toward eliminating the stigma of mental illness through education, screenings, awareness, and support.*

<table>
<thead>
<tr>
<th>Date</th>
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<th>Organization</th>
<th>Website</th>
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<tbody>
<tr>
<td>May 1 – 7</td>
<td>National Arthritis Month</td>
<td>Arthritis Foundation</td>
<td><a href="http://www.arthritis.org">www.arthritis.org</a></td>
</tr>
<tr>
<td>May 1 – 9</td>
<td>National Bike Month</td>
<td>League of American Bicyclists</td>
<td><a href="http://www.bikeleague.org">www.bikeleague.org</a></td>
</tr>
<tr>
<td>May 1 – 9</td>
<td>National High Blood Pressure Education Month</td>
<td>NHLBI Information Center</td>
<td><a href="http://www.nhlbi.nih.gov">www.nhlbi.nih.gov</a></td>
</tr>
<tr>
<td>May 3 – 9</td>
<td>National Melanoma/Skin Cancer Awareness Month</td>
<td>American Academy of Dermatology or American Cancer Society</td>
<td><a href="http://www.aad.org">www.aad.org</a> or <a href="http://www.skincancer.org">www.skincancer.org</a></td>
</tr>
<tr>
<td>May 4 – 10</td>
<td>National Mental Health Month</td>
<td>National Mental Health Association</td>
<td><a href="http://www.nmha.org">www.nmha.org</a></td>
</tr>
<tr>
<td>May 4 – 10</td>
<td>National Osteoporosis Month</td>
<td>National Osteoporosis Foundation</td>
<td><a href="http://www.nof.org">www.nof.org</a></td>
</tr>
<tr>
<td>May 5 – 9</td>
<td>National Physical Fitness and Sports Month</td>
<td>President's Council on Fitness, Sports, and Nutrition</td>
<td><a href="http://www.fitness.gov">www.fitness.gov</a></td>
</tr>
<tr>
<td>May 6 – 10</td>
<td>National Stroke Awareness Month</td>
<td>National Stroke Association</td>
<td><a href="http://www.stroke.org">www.stroke.org</a></td>
</tr>
<tr>
<td>May 6 – 12</td>
<td>National Teen Pregnancy Prevention Month</td>
<td>Advocates for Youth</td>
<td><a href="http://www.advocatesforyouth.org">www.advocatesforyouth.org</a></td>
</tr>
<tr>
<td>May 7 – 13</td>
<td>Older Americans Month</td>
<td>U.S. Dept. of Health and Human Services Administration for Community Living</td>
<td><a href="http://www.acl.gov">www.acl.gov</a></td>
</tr>
<tr>
<td>May 1 – 9</td>
<td>Be Kind to Animals Week</td>
<td>Canadian Federation of Humane Societies</td>
<td><a href="http://www.cfhs.ca">www.cfhs.ca</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>American Humane Association</td>
<td><a href="http://www.americanhumane.org">www.americanhumane.org</a></td>
</tr>
</tbody>
</table>

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NationalWellness.org
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
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 7  
**National Cancer Survivors Day**  
National Cancer Survivors Day Foundation  
www.ncsdf.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

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
### July 2015

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

<table>
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<th>Date</th>
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<tbody>
<tr>
<td>August 4</td>
<td>National Night Out</td>
<td>National Association of Town Watch</td>
<td><a href="http://www.natw.org">www.natw.org</a></td>
</tr>
<tr>
<td>August 9 – 15</td>
<td>National Health Center Week</td>
<td>National Association of Community Health Centers, Inc.</td>
<td><a href="http://www.healthcenterweek.com">www.healthcenterweek.com</a></td>
</tr>
<tr>
<td>August 9</td>
<td>International Day of the World’s Indigenous People</td>
<td>United Nations</td>
<td><a href="http://www.unesco.org">www.unesco.org</a></td>
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</table>

### August 2015

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

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<tr>
<td></td>
<td>National Park and Recreation Month</td>
<td>National Recreation and Park Association</td>
<td><a href="http://www.nrpa.org">www.nrpa.org</a></td>
</tr>
<tr>
<td></td>
<td>UV Safety Month</td>
<td>American Academy of Ophthalmology</td>
<td><a href="http://www.aao.org">www.aao.org</a></td>
</tr>
<tr>
<td></td>
<td>Medic Alert Awareness Month</td>
<td>Medic Alert Organization</td>
<td><a href="http://www.medicalert.org">www.medicalert.org</a></td>
</tr>
<tr>
<td></td>
<td>National Immunization Awareness Month</td>
<td>Center for Disease Control &amp; Prevention</td>
<td><a href="http://www.cdc.gov/vaccines">www.cdc.gov/vaccines</a></td>
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<td><a href="http://www.cdc.gov/vaccines">www.cdc.gov/vaccines</a></td>
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</table>

*August 1 – 7 (same dates annually)*

**World Breastfeeding Week**
La Leche League International
[www.llli.org/](http://www.llli.org/)
National Wellness Institute’s 2015 Health & Wellness Observances Calendar

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

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  
Fruits & Veggies More Matters  
www.fruitsandveggiesmorematter.gov

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  
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  
Prostate Cancer Foundation  
www.pcf.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 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 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.

**OCTOBER 2015**

**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
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

**Domestic Violence Awareness Month**
National Resource Center for Domestic Violence
www.nrcdv.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**
National Breast Cancer Foundation
www.nationalbreastcancer.org

**National Chiropractic Month**
American Chiropractic Association
www.acatoday.org

**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/odep

**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 Awareness 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

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**OCTOBER CONTINUED >**
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 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.worldosteoporosisday.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
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.efaf.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 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  
(U.S. 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

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