

January	February	March	April	May	June
Cervical Health Awareness Month www.nccc-online.org	American Heart Month www.americanheart.org www.cdc.gov	National Nutrition Month www.eatright.org	Stress Awareness Month www.stress.org	National Mental Health Month www.nmha.org	National Safety Month www.nsc.org
National Blood Donor Month <ul style="list-style-type: none"> American Association of Blood Banks www.aabb.org American Red Cross www.redcross.org 	February 4 National Wear Red Day www.goredforwomen.org	Colorectal Cancer Awareness Month https://www.ccalliance.org/about/awareness-month	April 4-10 National Public Health Week www.nphw.org	National Stroke Awareness Month www.stroke.org	Men's Health Month www.menshealthmonth.org
National Glaucoma Awareness Month www.glaucoma.org	Wise Health Consumer Month https://healthylife.com/wise/	National Kidney Month www.kidney.org	April 17-23 National Volunteer Week www.PointsofLight.org	High Blood Pressure Education Month https://www.nhlbi.nih.gov/	June 11 Family Health & Fitness Day www.nrpa.org
January 17 Martin Luther King Day King Day of Service www.mlkday.gov	February 13-19 Random Acts of Kindness Week https://www.randomactsofkindness.org/	March 13-19 National Sleep Awareness Week https://www.thensf.org/sleep-awareness-week/	April 23- 29 World Immunization Week https://www.who.int/	National Melanoma/Skin Cancer Awareness Month www.aad.org www.skincancer.org	
			April 28 World Day for Health & Safety at Work www.ilo.org	National Physical Fitness & Sports Month www.fitness.gov	
				May 8-14 Women's Health Week www.cdc.gov/women	
Challenge 30 Day Healthy Weight	Challenge Healthy Heart	Challenge Manage Stress Mindfully	Challenge Spring into Shape	Challenge Fit City Challenge	Challenge Fit and Healthy Leader

July	August	September	October	November	December
UV Safety Month www.aao.org	National Immunization Awareness Month www.cdc.gov/vaccines	National Cholesterol Education Awareness Month https://www.cdc.gov/cholesterol/communications-kit.htm	National Breast Cancer Awareness Month www.nationalbreastcancer.org	American Diabetes Month www.diabetes.org	December 4-10 National Hand Washing Awareness Week www.henrythehand.com
Fireworks Safety Month www.fireworksafety.org	Children's Eye Health & Safety Month www.aao.org	National Preparedness Month <ul style="list-style-type: none"> Red Cross www.redcross.org Ready www.ready.gov 	October 2-8 National Mental Illness Awareness Week www.nami.org/miaw	COPD Awareness Month www.copdfoundation.org	December 4-10 National Influenza Vaccination Week www.cdc.gov/flu/nivw
National Park & Recreation Month www.nrpa.org		Prostate Cancer Awareness Month www.pcf.org	October 15 Global Handwashing Day www.globalhandwashing.org	November 17 Great American Smokeout www.cancer.org	
		Suicide Prevention Awareness Month www.suicideology.org		November 17-23 US Antibiotic Awareness Week www.cdc.gov/antibiotic-use/week	
		National Childhood Obesity Awareness Month www.cdc.gov		November 24 Family Health History Day www.cdc.gov	
Challenge Healthy Summer Habits	Challenge Achieving Financial Freedom	Challenge Fit City Challenge	Challenge Slip Into Slumber	Challenge Healthy Holidays & Helping Hands	Challenge Create a Positive Mindset