

January	February	March	April	May	June
Cervical Health Awareness Month www.ncccd-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 	Vision Awareness Month www.nei.nih.gov	Brain Injury Awareness Month www.bia.org	April 3-9 National Public Health Week www.nphw.org	Asthma and Allergy Awareness Month www.aafa.org	Men's Health Month www.menshealthmonth.org
Thyroid Awareness Month www.thyroid.org	February 6-12 Random Acts of Kindness Week www.randomactsofkindness.org	National Kidney Month www.kidney.org	April 15-22 National Volunteer Week www.PointsofLight.org	High Blood Pressure Education Month www.nhlbi.nih.gov	June 27 National HIV Testing Day www.cdc.gov
January 17 Martin Luther King Day King Day of Service www.mlkday.gov	Feb 23 – March 1 National Eating Disorders Awareness Week www.nationaleatingdisorders.org	March 2-9 National Sleep Awareness Week <ul style="list-style-type: none"> www.thensf.org 	April 23-29 World Immunization Week www.who.int	National Osteoporosis Awareness and Prevention Month www.americanhealthcouncil.org	
			National Autism Awareness Month www.autismsociety.org	National Physical Fitness & Sports Month www.fitness.gov	
				May 14-20 Women's Health Week www.cdc.gov	

July	August	September	October	November	December
UV Safety Month www.aao.org	National Immunization Awareness Month www.cdc.gov	National Cholesterol Education Awareness Month www.cdc.gov	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.cdc.gov	Children's Eye Health & Safety Month www.aao.org	National Preparedness Month <ul style="list-style-type: none"> www.redcross.org www.ready.gov 	October 2-8 National Mental Illness Awareness Week www.nami.org	COPD Awareness Month www.copdfoundation.org	December 4-10 National Influenza Vaccination Week www.cdc.gov
National Park & Recreation Month www.nrpa.org	Skeletal Muscular Atrophy Awareness Month www.curesma.org	Prostate Cancer Awareness Month www.pcf.org	October 10 Global Mental Health Day www.who.int	November 17 Great American Smokeout www.cancer.org	
		Suicide Prevention Awareness Month www.nami.org	October 15 Global Handwashing Day www.globalhandwashing.org	November 17-23 US Antibiotic Awareness Week www.cdc.gov	
		National Childhood Obesity Awareness Month www.cdc.gov		November 24 Family Health History Day www.cdc.gov	
		National Alcohol and Drug Addiction Recovery Month www.naadac.org		November 28 Giving Tuesday www.givingtuesday.org	

2023 Fit City Challenge
September 1- 30