

	January	February	March	April	May	June
NATIONAL MONTHLY AWARENESS	Cervical Health Thyroid Blood Donor Glaucoma	American Heart Cancer Prevention	Nutrition Kidney	Stress Parkinson's Skin Cancer Detection & Early Prevention	Mental Health Stroke Asthma & Allergy Physical Fitness & Sports	Alzheimer's & Brain Safety Pride & Mental Health
WEEKLY & DAY OBSERVANCE	3 - Mind-Body-Wellness Day 20 - Martin Luther King, Day of Service	4 - World Cancer Day 14 - Donor Day 9 - 15, 17 - Random Acts of Kindness Week & Day 24 - 2 Eating Disorders Awareness Week	4 - World Obesity Day 10 - 16 - Brain Awareness Week 9 - 15 - Sleep Awareness Week	7 - World Health Day 22 - Earth Day * Workplace Sustainability 7 - 13 - Public Health Week	4- 10 - Women's Health Week 20 - Autoimmune & Autoinflammatory Arthritis Day 31 - World No Tobacco Day	7 - World Food Safety Day 9 - 15 Men's Health Week 23 - Hydration Day
PEOPLEONE HEALTH EDUCATION	New Year Goal Setting Achieving Financial Freedom Challenge	Eating for a Healthy Heart Change The World with Kindness Healthy Heart Challenge	Tips for Better Sleep Nutrition Basics 101 Course	Easy Relaxation Techniques Manage Your Stress the Mindful Way Course	60-Second Health and Fitness Boosters Understanding your Hypertension Diagnosis Course	13 Ways to Maintain Your Brain How to Become a Fierce Advocate for Your Health Course

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	July	August	September	October	November	December
NATIONAL MONTHLY AWARENESS	<p>UV – Sun Safety</p> <p>Park & Recreation</p> <p>Minority Mental Health</p> <p>Self-Care</p>	<p>Immunization</p> <p>Back to School Season</p> <p>Wellness Month</p>	<p>Prostate Cancer</p> <p>Preparedness</p> <p>Suicide Prevention</p>	<p>Breast Cancer</p> <p>ADHD</p> <p>Substance Abuse Prevention * Workplace Support</p>	<p>Diabetes</p> <p>Lung Cancer</p> <p>Military Mental Health</p>	<p>Safe Toys and Gifts</p> <p>Hope for the Holidays</p>
WEEKLY & DAY OBSERVANCE	<p>10 - Chronic Disease Day</p> <p>25 - World Drowning Prevention Day</p> <p>28 - World Hepatitis Day</p>	<p>1 - World Lung Cancer Day * Employee Cessation</p> <p>3 - 9 - Health Center Week</p> <p>31 - Overdose Awareness Day</p>	<p>10 - World Suicide Prevention Day</p> <p>27 - Family Health & Fitness Day</p> <p>29 - World Heart Day</p>	<p>10 - World Mental Health Day</p> <p>15 - Global Handwashing Day</p> <p>12- 20 - Bone & Joint Health Action Week</p>	<p>5 - Healthy Eating Day</p> <p>27 - Family Health History Day</p>	<p>1 - World Aids Day</p> <p>2 - Giving Tuesday</p>
PEOPLEONE HEALTH EDUCATION	<p>The Healthy Vacation Guide</p> <p>Healthy Summer Habits Challenge</p>	<p>National Wellness Month</p> <p>Create a Positive Mindset Challenge</p>	<p>Small Bits of Fitness Add Up</p> <p>Simple Fall Challenge</p> <p>2025 Fall Fit City Challenge September 1 - 30</p>	<p>Taking Mental Health Days</p> <p>Support Someone Struggling with their Mental Health</p> <p>Introduction to Mindfulness Course</p>	<p>Living with Gratitude</p> <p>Understanding Your Diabetes Diagnosis Course</p>	<p>7 Ways to Stop the Spread of Germs</p> <p>Healthier Holidays Challenge</p>

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