

# 2014 Health & Wellness Observances Calendar

Presented by the



**National  
Wellness  
Institute**

## JANUARY 2014

*Continue to spread the holiday cheer by giving back to your community.  
Start the new year by helping a health- or wellness-related service organization in your area.*

### **Cervical Health Awareness Month**

National Cervical Cancer Coalition (NCCC)  
[www.nccc-online.org](http://www.nccc-online.org)

### **National Birth Defects Prevention Month**

March of Dimes Birth Defects Foundation  
[www.marchofdimes.com](http://www.marchofdimes.com)  
or  
Center for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

### **National Blood Donor Month**

American Association of Blood Banks  
(AABB)  
[www.aabb.org](http://www.aabb.org)

### **National Glaucoma Awareness Month**

Glaucoma Research Foundation  
[www.glaucoma.org](http://www.glaucoma.org)

### **January 5 – 11**

#### **National Folic Acid Awareness Week**

National Council on Folic Acid  
[folicacidinfo.org](http://folicacidinfo.org)

### **January 19 – 25** (third week of January)

#### **Healthy Weight Week**

Healthy Weight Network  
[www.healthyweightnetwork.com](http://www.healthyweightnetwork.com)

### **January 19 – 25**

#### **National Certified Nurse Anesthetists Week**

American Association of Nurse Anesthetists  
[www.aana.com](http://www.aana.com)

### **January 20** (Martin Luther King Day)

#### **King Day of Service** (annually)

Corporation for National and Community Service  
[www.mlkday.gov](http://www.mlkday.gov)



## FEBRUARY 2014

*Let all the red hearts you see in stores this month be a reminder to  
make heart healthy choices year-round!*

### **AMD/Low Vision Awareness Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

### **American Heart Month**

Contact your local chapter of the American Heart Association  
or  
AHA National Center  
[www.americanheart.org](http://www.americanheart.org)  
[www.cdc.gov](http://www.cdc.gov)

### **National Cancer Prevention Month**

American Institute for Cancer Research  
[www.aicr.org](http://www.aicr.org)  
American Cancer Society  
[www.cancer.org](http://www.cancer.org)

### **National Children's Dental Health Month**

Contact the state or local dental society  
or  
American Dental Association  
[www.ada.org](http://www.ada.org)

### **National Condom Month**

The Bacchus Network National Office  
[www.bacchusnetwork.org](http://www.bacchusnetwork.org)

### **National Senior Independence Month**

Administration on Aging  
[www.aoa.gov](http://www.aoa.gov)

### **Wise Health Consumer Month**

American Institute for Preventive Medicine  
[www.healthylife.com](http://www.healthylife.com)

### **February 1**

#### **National Girls & Women in Sports Day**

Women's Sports Foundation  
[www.womenssportsfoundation.org/en/home/advocate/ngwsd](http://www.womenssportsfoundation.org/en/home/advocate/ngwsd)

### **February 7**

#### **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](http://www.hearttruth.gov) or  
Women Heart  
[www.womenheart.org](http://www.womenheart.org) or  
Go Red For Women Cause Initiatives  
American Heart Association National Center  
[www.goredforwomen.org/national\\_wear\\_red\\_day.aspx](http://www.goredforwomen.org/national_wear_red_day.aspx)

### **February 9 – 15**

#### **National Cardiac Rehabilitation Week**

AACVPR Office  
[www.aacvpr.org](http://www.aacvpr.org)

### **February 10 – 16**

#### **Random Acts of Kindness Week**

Random Acts of Kindness Foundation  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

### **February 14** (Valentine's Day)

#### **National Condom Awareness Day**

[www.ashastd.org](http://www.ashastd.org)

### **February 22**

#### **World Thinking Day**

World Association of Girl Guides and Girl Scouts  
[www.worldthinkingday.org](http://www.worldthinkingday.org)

### **February 23 – March 1**

#### **National Eating Disorders Awareness Week**

National Eating Disorders Association  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### **Late February – Early April**

#### **Collegiate Safe Spring Break Programming**

The Bacchus Network National Office  
[www.bacchusnetwork.org](http://www.bacchusnetwork.org)



## MARCH 2014

*Increasing demands and our busy schedules make proper sleep incredibly important.  
Consistent bedtimes aren't just for the kids anymore!*

### **American Red Cross Month**

American Red Cross, National Headquarters  
or contact your local chapter  
[www.redcross.org](http://www.redcross.org)

### **Brain Injury Awareness Month**

Brain Injury Association of America  
[www.biausa.org](http://www.biausa.org)

### **Hemophilia Month**

National Hemophilia Foundation  
[www.hemophilia.org](http://www.hemophilia.org)

### **National Colorectal Awareness Month**

Cancer Research and Prevention Foundation  
[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

### **National Developmental Disabilities Awareness Month**

The Arc of the United States  
[www.thearc.org](http://www.thearc.org)

### **National Eye Donor Month**

EBAA, Eye Bank Association of America  
[www.restoresight.org](http://www.restoresight.org)

### **National Kidney Month**

National Kidney Foundation  
[www.kidney.org](http://www.kidney.org)

### **National Nutrition Month**

Academy of Nutrition and Dietetics  
[www.eatright.org](http://www.eatright.org)

### **National Poison Prevention Month**

Poison Prevention Council  
[www.poisonprevention.org](http://www.poisonprevention.org)  
American Association of Poison Control Centers  
[www.aapcc.org](http://www.aapcc.org)

### **National Professional Social Work Month**

National Association of Social Workers  
[www.socialworkers.org](http://www.socialworkers.org)

### **Save Your Vision Month**

American Optometric Association  
[www.aoa.org](http://www.aoa.org)

### **Workplace Eye Health and Safety Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

### **National Athletic Trainers Month**

National Athletic Trainers' Association  
[www.nata.org](http://www.nata.org)

### **March 2 – 8**

#### **National Collegiate Health and Wellness Week**

The Bacchus Network National Office  
[www.bacchusnetwork.org](http://www.bacchusnetwork.org)

### **March 2 – 8**

#### **National Problem Gambling Awareness Week**

The National Council on Problem Gambling, Inc.  
[www.ncpgambling.org](http://www.ncpgambling.org)

### **March 2 – 9** (week before daylight savings time)

#### **National Sleep Awareness Week**

National Sleep Foundation  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

### **March 3 – 7**

#### **National School Breakfast Week**

School Nutrition Association  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

### **March 9 – 15**

#### **National Pulmonary Rehabilitation Week**

American Association of Cardiovascular and Pulmonary  
Rehabilitation  
[www.aacvpr.org](http://www.aacvpr.org)

### **March 16 – 22**

#### **National Poison Prevention Week**

Poison Prevention Council  
[www.poisonprevention.org](http://www.poisonprevention.org)

### **March 20** (third Thursday)

#### **Companies that Care Day**

Center for Companies that Care  
[www.companies-that-care.org](http://www.companies-that-care.org)

**MARCH CONTINUED >**



## National Wellness Institute's 2014 Health & Wellness Observances Calendar

**March 19**

**Kick Butts Day**

Campaign for Tobacco-Free Kids  
[www.kickbuttsday.org](http://www.kickbuttsday.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](http://www.happ.colostate.edu)  
or National Native American AIDS Prevention Center  
[www.nnaapc.org](http://www.nnaapc.org)

**March 22**

**World Water Day**

RC International Water and Sanitation Centre  
[www.unwater.org](http://www.unwater.org)

**March 25** (fourth Tuesday in March)

**American Diabetes Alert Day**

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

**March 30 – April 5**

**National Week of the Ocean**

National Week of the Ocean Website  
[www.national-week-of-the-ocean.org/](http://www.national-week-of-the-ocean.org/)

## APRIL 2014

*Find health through laughter both physically and mentally this April during National Humor Month. Discover why laughter can often be the best medicine!*

**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  
<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)  
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**

American Social Health Association  
[www.ashastd.org/](http://www.ashastd.org/)

**Sexual Assault Awareness Month**

National Sexual Violence Resource Center  
[www.nsvrc.org](http://www.nsvrc.org)

**Late February – Early April**

**Safe Spring Break Programming**

The BACCHUS Network  
[www.bacchusnetwork.org](http://www.bacchusnetwork.org)  
American College Health Association  
[www.acha.org/index.cfm](http://www.acha.org/index.cfm)

**APRIL CONTINUED >**



## National Wellness Institute's 2014 Health & Wellness Observances Calendar

**April 2**

**International Children's Book Day**

International Board on Books for Young People  
Basel, Switzerland  
[www.ibby.org/index.php?id=269](http://www.ibby.org/index.php?id=269)

**April 2** (first Wednesday of April)

**National Day of Hope**

Childhelp USA National Hdqtrs  
[www.childhelpusa.org](http://www.childhelpusa.org)

**April 4 – 6** (first weekend in April)

**Alcohol-Free Weekend**

National Council on Alcoholism and Drug Dependence, Inc.  
[www.ncadd.org](http://www.ncadd.org)

**April 6 – 13** (third week of April)

**National Volunteer Week**

The Points of Light and Hands on Network  
[www.PointsofLight.org](http://www.PointsofLight.org)

**April 7**

**World Health Day**

World Health Organization  
[www.who.org](http://www.who.org) or [www.paho.org](http://www.paho.org)

**April 7– 11**

**National Youth Violence Prevention Week**

National Association of SAVE  
[www.nationalsave.org](http://www.nationalsave.org)

**April 7 – 13**

**National Public Health Week**

American Public Health Association  
[www.nphw.org](http://www.nphw.org)

**April 10**

**Siblings Day**

Siblings Day Foundation  
[www.siblingsday.org/bodyframe.htm](http://www.siblingsday.org/bodyframe.htm)

**April 10**

**National Alcohol Screening Day**

Screening for Mental Health, Inc.  
[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

**April 11-13**

**Global Youth Service Day**

Youth Service America  
[www.gysd.org](http://www.gysd.org)

**April 13 – 19**

**National Library Week**

American Library Association  
[www.ala.org](http://www.ala.org)

**April 14 – 19**

**National Environmental Education Week (eeweek)**

National Environmental Education Foundation  
[www.eeweek.org](http://www.eeweek.org)

**April 14 – 20**

**National Minority Cancer Awareness Week**

National Cancer Institute  
Public Inquiries Office  
[cancernet.nci.nih.gov](http://cancernet.nci.nih.gov)

**April 15**

**International Moment of Laughter Day**

Izzy Gesell, Wide Angle Humor  
[www.izzyg.com](http://www.izzyg.com)

**April 16** (same date annually)

**National Healthcare Decisions Day**

[www.nhdd.org](http://www.nhdd.org)

**April 21 – 27**

**Medical Fitness Week**

Medical Fitness Association  
[www.medicalfitness.org](http://www.medicalfitness.org)

**April 22**

**Earth Day**

Earth Day Network  
[www.earthday.net](http://www.earthday.net)

**April 24** (fourth Thursday April)

**Take Your Daughters and Sons to Work Day**

Daughters And Sons To Work® Day  
[www.daughtersandsonstowork.org](http://www.daughtersandsonstowork.org)

**April 25** (fourth Friday in April)

**Remember Children Lost to Violence**

Child Welfare League of America  
[www.cwla.org](http://www.cwla.org)

**April 26 – May 3**

**National Infant Immunization Week**

CDC, National Immunization Program  
[www.cdc.gov/vaccines/events/niiw/index.html](http://www.cdc.gov/vaccines/events/niiw/index.html)



## MAY 2014

*Breathe in that beautiful spring air during May's Clean Air Month and appreciate all that nature and the environment provide for our wellness. What can you do to help keep air clean?*

### **Asthma and Allergy Awareness Month**

Allergy and Asthma Foundation of America  
[www.aafa.org](http://www.aafa.org) or [www.aanma.org](http://www.aanma.org)

### **Better Sleep Month**

The Better Sleep Council  
[www.bettersleep.org](http://www.bettersleep.org)

### **Correct Posture Month**

American Chiropractic Association  
Communications Department  
[www.amerchiro.org](http://www.amerchiro.org)

### **Employee Health & Fitness Month**

National Association for Health and Fitness, ACTIVE Life  
[www.healthandfitnessmonth.com](http://www.healthandfitnessmonth.com)

### **Healthy Vision Month/UV Safety**

National Eye Institute  
[www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm)

### **Hepatitis Awareness Month**

Hepatitis Foundation International  
[www.hepfi.org](http://www.hepfi.org)

### **Huntington's Disease Awareness Month**

Huntington's Disease Society of America  
[www.hdsa.org](http://www.hdsa.org)

### **Lupus Awareness Month**

Lupus Foundation of America, Inc.  
[www.lupus.org](http://www.lupus.org)

### **National Arthritis Month**

Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org)

### **National Bike Month**

League of American Bicyclists  
[www.bikeleague.org](http://www.bikeleague.org)

### **National High Blood Pressure Education Month**

NHLBI Information Center  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### **National Melanoma/Skin Cancer Awareness Month**

American Academy of Dermatology  
[www.aad.org](http://www.aad.org) or  
American Cancer Society  
[www.skincancer.org](http://www.skincancer.org)

### **National Mental Health Month**

National Mental Health Association  
[www.nmha.org](http://www.nmha.org)

### **National Osteoporosis Month**

National Osteoporosis Foundation  
[www.nof.org](http://www.nof.org)

### **National Physical Fitness and Sports Month**

President's Council on Fitness, Sports, and Nutrition  
[www.fitness.gov](http://www.fitness.gov)

### **National Stroke Awareness Month**

National Stroke Association  
[www.stroke.org](http://www.stroke.org) or  
American Heart Association (National Center)  
[www.americanheart.org](http://www.americanheart.org) or contact your local AHA office

### **National Teen Pregnancy Prevention Month**

Advocates for Youth  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

### **National Tuberos Sclerosis Awareness Month**

Tuberous Sclerosis Alliance  
[www.tsalliance.org](http://www.tsalliance.org)

### **Older Americans Month**

U.S. Dept. of Health and Human Services  
Administration on Aging  
[www.aoa.gov](http://www.aoa.gov)

**May 1 – 7** (same dates annually)

### **National Physical Education and Sports Week**

National Association for Sport and Physical Education  
[www.aahperd.org](http://www.aahperd.org)

**MAY CONTINUED >**



## National Wellness Institute's 2014 Health & Wellness Observances Calendar

**May 3** (first Saturday in May)

**Join Hands Day: Youth and Adults Volunteering Together**

Points of Light and Hands on Network  
[www.joinhandsday.org](http://www.joinhandsday.org)

**May 4 – 10** (first full week in May)

**International Building Safety Week**

International Code Council Foundation  
[www.icc-foundation.org](http://www.icc-foundation.org)

**May 4 – 10** (first full week in May)

**Be Kind to Animals Week**

Canadian Federation of Humane Societies  
[www.cfhs.ca](http://www.cfhs.ca)  
American Humane Association  
[www.americanhumane.org/](http://www.americanhumane.org/)

**May 4 – 10** (first full week in May)

**North American Occupational Safety and Health Week (NAOSH)**

American Society of Safety Engineers  
[www.asse.org/naosh](http://www.asse.org/naosh)

**May 5 – 11** (same date annually)

**National Nurses Week**

American Nurses Association  
[www.nursingworld.org](http://www.nursingworld.org)

**May 7** (first Wednesday in May)

**Project Aces Day**

**(All Children Exercise Simultaneously)**  
Youth Fitness Coalition, Inc.  
[www.projectaces.com](http://www.projectaces.com)

**May 7** (during National Nurses Week)

**School Nurse Day**

[www.nasn.org](http://www.nasn.org)

**May 8** (same date annually)

**World Red Cross/Red Crescent Day**

American Red Cross  
Or contact your local chapter  
[www.redcross.org](http://www.redcross.org)

**May 11 – 17** (Mother's Day week)

**National Nursing Home Week**

American Health Care Association  
<http://www.nnhw.org>

**May 11 – 17** (Mother's Day week)

**Women's Health Week**

Office on Women's Health  
Department of Health and Human Services  
[www.womenshealth.gov](http://www.womenshealth.gov)

**May 10**

**World Fair Trade Day**

World Fair Trade Association (WFTO)  
[www.wfto.com](http://www.wfto.com)

**May 11 – 17**

**National Hospital and Healthcare Week**

American Hospital Association  
[www.aha.org](http://www.aha.org)

**May 12 – 18**

**National Volunteer Week – Australia**

The Center for Volunteering  
[www.volunteering.com.au/contact\\_us.asp](http://www.volunteering.com.au/contact_us.asp)

**May 12 – 16**

**Bike to Work Week**

(Bike to Work Day: May 16)  
League of American Bicyclists  
[www.bikeleague.org](http://www.bikeleague.org)

**May 21** (third Wednesday)

**National Employee Health and Fitness Day**

National Association for Health and Fitness  
[www.physicalfitness.org](http://www.physicalfitness.org)

**May 20**

**World Autoimmune Arthritis Day**

International Autoimmune Arthritis Movement  
[www.worldautoimmunearthritisday.org](http://www.worldautoimmunearthritisday.org)

**May 25– 31** (last full week in May)

**Older Americans Mental Health Week**

Older Women's League  
[www.owl-national.org](http://www.owl-national.org)

**May 28** (last Wednesday in May)

**National Senior Health & Fitness Day**

[www.fitnessday.com](http://www.fitnessday.com)



## JUNE 2014

*Join hundreds of health and wellness professionals at the  
39th Annual National Wellness Conference in Minneapolis this month.*

**(June & July)**

**Fireworks Safety Months**

National Council on Fireworks Safety  
[www.fireworksafety.com](http://www.fireworksafety.com)

**National Great Outdoors Month**

American Recreation Coalition  
[www.funoutdoors.org](http://www.funoutdoors.org)

**National Safety Month**

National Safety Council  
[www.nsc.org](http://www.nsc.org)

**National Scleroderma Awareness Month**

United Scleroderma Foundation, Inc.  
[www.scleroderma.org](http://www.scleroderma.org)

**Migraine and Headache Awareness Month**

National Headache Foundation  
[www.headaches.org](http://www.headaches.org)

**June 1** (same date annually)

**Stand for Children Day**

[www.stand.org](http://www.stand.org)

**June 1**

**National Cancer Survivors Day**

National Cancer Survivors Day Foundation  
[www.ncsdf.org](http://www.ncsdf.org)

**June 5**

**World Environment Day**

United Nations Environment Programme (UNEP)  
[www.unep.org/wed](http://www.unep.org/wed)

**June 7** (first Saturday in June)

**National Trails Day**

American Hiking Society  
[www.americanhiking.org](http://www.americanhiking.org)

**June 8** (second Sunday in June)

**National Children's Day**

[www.nationalchildrensday.us](http://www.nationalchildrensday.us)

**June 9 – 15** (ending with Father's Day)

**National Men's Health Week**

National Men's Health Network  
[www.menshealthweek.org](http://www.menshealthweek.org)

**June 14** (same date annually)

**World Blood Donor Day**

[www.redcrossblood.org/world-blood-donor-day](http://www.redcrossblood.org/world-blood-donor-day)

**June 23 – 26** (Pre-Conferences starts June 21)

**39th Annual National Wellness Conference**

National Wellness Institute, Inc.  
New location: Minneapolis, MN  
[www.nationalwellness.org/Conference](http://www.nationalwellness.org/Conference)

**June 27** (same date annually)

**National HIV Testing Day**

AIDS.gov  
[www.aids.gov](http://www.aids.gov)





## JULY 2103

*Take a moment in your schedule to explore what our national parks have to offer!  
They're perfect for those looking for a new outlet for wellness!*

### **Fireworks Safety Month**

National Council on Fireworks Safety  
[www.fireworksafety.org](http://www.fireworksafety.org)

### **Eye Injury Prevention Month**

Federal Occupational Health  
[www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp](http://www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp)

### **UV Safety Month**

American Academy of Ophthalmology  
[www.aao.org](http://www.aao.org)

### **National Park and Recreation Week**

National Park and Recreation Association  
[www.nrpa.org](http://www.nrpa.org)

### **July 13 – 19**

### **Every Body Deserves a Massage Week**

Associated Bodywork & Massage Professionals  
[www.abmp.com](http://www.abmp.com)

## AUGUST 2014

*Celebrate the community health centers that assist millions in need of basic health services every day. What can you do to help raise awareness of the services and resources they provide?*

### **Cataract Awareness Month**

American Academy of Ophthalmology  
[www.aao.org](http://www.aao.org)

### **Medic Alert Awareness Month**

[www.medicalert.org](http://www.medicalert.org)

### **National Breastfeeding Month**

United States Breastfeeding Committee  
[www.usbreastfeeding.org/](http://www.usbreastfeeding.org/)

### **National Immunization Awareness Month**

Center for Disease Control & Prevention  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

### **Children's Eye Health and Safety Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

**August 1 – 7** (same dates annually)

### **World Breastfeeding Week**

La Leche League International  
[www.llli.org/](http://www.llli.org/)

**August 3 – 9** (second week in August)

### **National Health Center Week**

National Association of Community Health Centers, Inc.  
[www.healthcenterweek.com](http://www.healthcenterweek.com)

**August 5**

### **National Night Out**

America's Night Out Against Crime  
[www.nationalnightout.org/nno/about.html](http://www.nationalnightout.org/nno/about.html)

**August 9**

### **International Day of the World's Indigenous People**

United Nations  
[www.unesco.org](http://www.unesco.org)



## SEPTEMBER 2014

*Farmers markets are brimming with produce ripe and ready to eat this month.  
Find one new way you can incorporate extra fruit and veggies during your week!*

**Alzheimer's Association Memory Walk** (Fall weekend)  
Dates vary depending location. Contact your local Alzheimer's Association or visit [www.alz.org](http://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](http://www.americaonthemove.org)

**Baby Safety Awareness Month**  
Juvenile Product Manufacturers Association  
[www.jpma.org](http://www.jpma.org)

**BioDiversity Month**  
Dept. of the Environment and Heritage Australia  
[www.environment.gov.au/biodiversity/month.html](http://www.environment.gov.au/biodiversity/month.html)

**Childhood Cancer Awareness Month**  
CureSearch for Children's Cancer  
[www.curesearch.org](http://www.curesearch.org)

**Fruit & Veggie Month**  
Fruits & Veggies More Matters  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.movingtothefuture.org](http://www.movingtothefuture.org)

**Healthy Aging™ Month**  
Healthy Aging Campaign  
Educational Television Network, Inc.  
[www.healthyaging.net](http://www.healthyaging.net)

**Leukemia & Lymphoma Awareness Month**  
Leukemia and Lymphoma Society of America  
[www.leukemia-lymphoma.org](http://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](http://www.recoverymonth.gov)

**National Childhood Obesity Awareness Month**  
President's Council on Fitness, Sports & Nutrition  
[www.fitness.gov](http://www.fitness.gov)

**National Cholesterol Education Awareness Month**  
National Heart, Lung, & Blood Institute  
[www.cdc.gov/features/cholesterolawareness/](http://www.cdc.gov/features/cholesterolawareness/)

**National Food Safety Education Month**  
International Food Safety Council  
National Restaurant Association  
[www.servsafe.com](http://www.servsafe.com)  
Educational Foundation International Food Safety Council  
[www.foodsafety.gov](http://www.foodsafety.gov)

**National Ovarian Cancer Awareness Month**  
National Ovarian Cancer Coalition, Inc.  
[www.ovarian.org](http://www.ovarian.org)

**National Menopause Awareness Month**  
North American Menopause Society  
[www.menopause.org](http://www.menopause.org)

**National Pain Awareness Month**  
American Pain Foundation  
[www.painfoundation.org](http://www.painfoundation.org)

**National Preparedness Month**  
Cosponsored by American Red Cross  
[www.redcross.org](http://www.redcross.org) and  
U.S. Dept of Homeland Security  
[www.ready.gov](http://www.ready.gov)

**National Sickle Cell Disease Awareness Month**  
Sickle Cell Disease Association of America, Inc.  
[www.sicklecelldisease.org](http://www.sicklecelldisease.org)

**National Yoga Month**  
Yoga Health Foundation  
[www.yogamonth.org](http://www.yogamonth.org)

**Prostate Health Month**  
National Prostate Cancer Coalition  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

**Sports and Home Eye Safety Month**  
Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

SEPTEMBER CONTINUED >



## National Wellness Institute's 2014 Health & Wellness Observances Calendar

### **Whole Grains Month**

The Whole Grains Council

[www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september](http://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](http://www.aap.org/healthtopics/safety.cfm)

Safe Kids Worldwide

[www.safekids.org/](http://www.safekids.org/)

**September 7 – 13** (first full week in September)

### **Suicide Prevention Week**

American Association of Suicidology

[www.suicidology.org](http://www.suicidology.org)

**September 7 – 14**

### **National Assisted Living Week**

National Center for Assisted Living

[www.nalw.org](http://www.nalw.org)

**September 7** (same date annually)

### **National Threatened Species Day**

U.S. Headquarters, World Wildlife Fund (WWF)

[www.worldwildlife.org](http://www.worldwildlife.org)

**September 11**

### **National Day of Service and Remembrance**

[www.911day.org/](http://www.911day.org/)

**September 14-20** (third week in September)

### **National Rehabilitation Week**

National Rehabilitation Awareness Foundation

[www.nraf-rehabnet.org/](http://www.nraf-rehabnet.org/)

**September 16** (third Tuesday)

### **Take A Loved One to the Doctor Day**

National Health Information Center

<http://blackamericaweb.com/category/dr-day/>

**September 17** (third Wednesday)

### **Backpack Awareness Day**

The American Occupational Therapy Association

[www.aota.org](http://www.aota.org)

**September 21-27** (third week in September)

### **National Farm Safety and Health Week**

National Educational Center for Agricultural Safety

[www.nsc.org/necas](http://www.nsc.org/necas)

**September 21 – 27** (last full week)

### **Active Aging Week**

International Council on Active Aging

[www.icaa.cc](http://www.icaa.cc)

**September 21** (same date annually)

### **International Day of Peace**

United Nations

[www.un.org/en/events/peaceday/](http://www.un.org/en/events/peaceday/)

**September 24** (last Wednesday)

### **National Women's Health & Fitness Day**

Health Information Resource Center

[www.fitnessday.com/women](http://www.fitnessday.com/women)

**September 27** (last Saturday)

### **Family Health and Fitness Day USA**

Health Information Resource Center

[www.fitnessday.com/family](http://www.fitnessday.com/family)

**September 27** (last Saturday)

### **National Public Lands Day**

National Public Lands Day

[www.publiclandsday.org](http://www.publiclandsday.org)



## OCTOBER 2014

*Inevitably, children will be candy-focused this Halloween, but in honor of National Child Health month, try to find ways to provide healthy alternatives to those sweet treats.*

### **Alzheimer's Association Memory Walk** (Fall Weekend)

Dates vary depending location. Contact your local Alzheimer's Association or visit [www.alz.org](http://www.alz.org)

### **American Heart Walk**

Dates vary depending on your location. American Heart Association [www.heartwalk.org](http://www.heartwalk.org)

### **Auto Battery Safety Month**

Prevent Blindness America [www.preventblindness.org](http://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  
[yosemite.epa.gov/ochnp/ochnpweb.nsf/content/chm-home.htm](http://yosemite.epa.gov/ochnp/ochnpweb.nsf/content/chm-home.htm)

### **Domestic Violence Awareness Month**

National Resource Center for Domestic Violence [www.nrcdv.org](http://www.nrcdv.org)

### **Health Literacy Month**

Health Literacy Consulting [www.healthliteracymonth.org](http://www.healthliteracymonth.org)

### **Healthy Babies Month**

March of Dimes/Birth Defects Foundation [www.marchofdimes.com](http://www.marchofdimes.com)

### **Healthy Lung Month**

American Lung Association [www.lungusa.org](http://www.lungusa.org)

### **National Breast Cancer Awareness Month**

[www.nbcam.org](http://www.nbcam.org) or  
The Susan G. Komen Breast Cancer Foundation [www.komen.org](http://www.komen.org)

### **National Bullying Prevention Month**

PACER's National Bullying Prevention Center [www.pacer.org/bullying/](http://www.pacer.org/bullying/)

### **National Chiropractic Month**

American Chiropractic Association [www.acatoday.org/NCHM](http://www.acatoday.org/NCHM)

### **National Crime Prevention Month**

National Crime Prevention Council [www.ncpc.org](http://www.ncpc.org)

### **National Dental Hygiene Month**

American Dental Hygienists Association [www.adha.org/ndhm](http://www.adha.org/ndhm)

### **National Depression and Mental Health Screening Month**

Screening for Mental Health, Inc. [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

### **National Disability Employment Awareness Month**

U.S. Dept. of Labor [www.dol.gov/](http://www.dol.gov/)

### **National Family Sexuality Education Month**

Planned Parenthood Federation of America [www.plannedparenthood.org/](http://www.plannedparenthood.org/)

### **National Liver Awareness Month**

American Liver Foundation [www.liverfoundation.org](http://www.liverfoundation.org)

### **National Physical Therapy Month**

American Physical Therapy Association [www.apta.org](http://www.apta.org)

### **National Spina Bifida Month**

Spina Bifida Association of America [www.sbaa.org](http://www.sbaa.org)

### **National Sudden Infant Death Syndrome (SIDS) Awareness Month**

SIDS Alliance [www.sidsalliance.org](http://www.sidsalliance.org)

OCTOBER CONTINUED >



## National Wellness Institute's 2014 Health & Wellness Observances Calendar

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

National Office of the US Fund for UNICEF  
[www.unicefusa.org](http://www.unicefusa.org)

### **National Work and Family Month**

Alliance for Work-Life Progress  
[www.awlp.org](http://www.awlp.org)

### **Talk About Prescriptions Month**

National Council on Patient Information and Education  
[www.talkaboutrx.org](http://www.talkaboutrx.org)

### **Vegetarian Awareness Month**

North American Vegetarian Society  
[www.worldvegetarianday.org](http://www.worldvegetarianday.org)

**October 1** (annually same date)

### **International Day of Older Persons**

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

**October 5 – 11** (first full week in October)

### **National Mental Illness Awareness Week**

American Psychiatric Association  
[www.healthyminds.org](http://www.healthyminds.org)  
NAMI – National Alliance on Mental Illness  
[www.nami.org/miaw](http://www.nami.org/miaw)

**October 5 – 11** (week including October 9 – Chicago Fire)

### **National Fire Prevention Week**

National Fire Protection Association  
[www.nfpa.org](http://www.nfpa.org)

**October 6** (first Monday in October)

### **Child Health Day**

U.S. Dept. of Health and Human Services  
[mchb.hrsa.gov](http://mchb.hrsa.gov)

**October 6** (first Monday in October)

### **World Habitat Day**

UN Habitat [www.unhabitat.org/](http://www.unhabitat.org/)

**October 8**

### **International Walk-to-School Day**

National Center for Safe Routes to School  
[www.walktoschool.org](http://www.walktoschool.org)

**October 10** (always October 10)

### **World Mental Health Day**

World Federation for Mental Health  
[www.wfmh.org](http://www.wfmh.org)

**October 10** (same date annually)

### **Put the Brakes on Fatalities Day**

[www.brakesonfatalities.org](http://www.brakesonfatalities.org)

**October 13 – 19** (second full week)

### **National School Lunch Week**

School Nutrition Association  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

**October 14 – 17** (week of Columbus Day)

### **National Consultant Pharmacy Week**

American Society of Consultant Pharmacists  
[www.ascp.com](http://www.ascp.com)

**October 17** (same date annually)

### **International Day for the Eradication of Poverty**

United Nations  
[www.un.org/en/events/povertyday/](http://www.un.org/en/events/povertyday/)

**October 19 – 25** (third full week in October)

### **International Infection Prevention Week**

Association for Professionals in Infection Control and  
Epidemiology, Inc.  
[www.apic.org](http://www.apic.org)

**October 19 – 25** (third week in October)

### **National Health Education Week**

Society for Public Health Education  
[www.sophe.org/NHEW.cfm](http://www.sophe.org/NHEW.cfm)

**October 19 – 25** (third week in October)

### **National Healthcare Quality Week**

National Association for Healthcare Quality  
[www.nahq.org/](http://www.nahq.org/)

**October 19 – 25** (last full week October)

### **National Respiratory Care Week**

American Association for Respiratory Care  
[www.aarc.org](http://www.aarc.org)

**October 20** (same date annually)

### **World Osteoporosis Day**

International Osteoporosis Foundation  
[www.worldosteoporosisday.org](http://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](http://www.nfp.org)

**OCTOBER CONTINUED >**



## National Wellness Institute's 2014 Health & Wellness Observances Calendar

**October 24** (same date annually)

### **Food Day**

Center for Science in the Public Interest  
[www.foodday.org](http://www.foodday.org)

**October 24** (same date annually)

### **Take Back Your Time Day**

The Simplicity Forum  
[www.timeday.org/](http://www.timeday.org/)

**October 25** (fourth Saturday in October)

### **Make a Difference Day**

[www.makeadifferenceday.com](http://www.makeadifferenceday.com)

**October 29** (Wed of last week in October)

### **Lung Health Day**

American Association for Respiratory Care  
[www.aarc.org](http://www.aarc.org)

## NOVEMBER 2014

*November 13 is World Kindness Day! While we should strive to be kind to others all year, use this day to do something particularly kind and generous for someone!*

### **American Diabetes Month**

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

### **Native American Heritage Month**

Indian Health Service (HQ)  
[www.ihs.gov/index.cfm](http://www.ihs.gov/index.cfm)  
<http://nativeamericanheritagemonth.gov/>

### **Diabetic Eye Disease Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

### **Great American Smokeout Month**

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

### **National Alzheimer's Disease Awareness Month**

Alzheimer's Disease and Related Disorders Association  
[www.alz.org](http://www.alz.org)

### **National Child Mental Health Month**

c/o New York University Child Study Center  
[www.aboutourkids.org](http://www.aboutourkids.org)

### **National Epilepsy Awareness Month**

Epilepsy Foundation of America  
[www.efa.org](http://www.efa.org)

### **National Family Caregivers Month**

National Family Caregivers Association  
[www.nfcacares.org](http://www.nfcacares.org)

### **National Healthy Skin Month**

American Academy of Dermatology  
[www.aad.org](http://www.aad.org)

### **National Home Care Month**

National Association for Home Care & Hospice  
[www.nahc.org](http://www.nahc.org)

### **National Hospice Month**

National Hospice and Palliative Care Organization  
[www.nhpc.org](http://www.nhpc.org)

### **Pancreatic Cancer Awareness Month**

Pancreatic Cancer Action Network  
[www.pancan.org](http://www.pancan.org)

### **Prematurity Awareness Month**

March of Dimes Birth Defects Foundation  
[www.marchofdimes.com](http://www.marchofdimes.com)

### **November 13**

#### **World Kindness Day**

Waves of Kindness  
[www.wavesofkindness.org](http://www.wavesofkindness.org)

**November 14** (same date annually)

#### **World Diabetes Day**

International Diabetes Federation  
[www.worlddiabetesday.org](http://www.worlddiabetesday.org)

**November 15** (same date annually)

#### **National Philanthropy Day**

Association of Fundraising Professionals  
[www.NationalPhilanthropyDay.net](http://www.NationalPhilanthropyDay.net)

**NOVEMBER CONTINUED >**



National Wellness Institute's  
2014 Health & Wellness Observances Calendar

**November 15** (same date annually)

**America Recycles Day**

National Recycling Coalition, Inc.  
[www.americarecyclesday.org](http://www.americarecyclesday.org)

**November 17 – 23** (week before Thanksgiving)

**American Education Week**

National Education Association  
[www.nea.org](http://www.nea.org)

**November 20** (third Thursday)

**Great American Smokeout**

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

**November 22** (Saturday before U. S. Thanksgiving)

**International Survivors of Suicide Day**

American Foundation for Suicide Prevention (AFSP)  
[www.afsp.org/survivorday](http://www.afsp.org/survivorday)

**November 27** (always Thanksgiving Day)

**National Family Health History Day**

U.S. Dept. of Health and Human Services  
[www.hhs.gov/familyhistory/](http://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](http://www.madd.org)

## DECEMBER 2014

*In this month of giving, please remember the millions throughout the world who are denied basic human rights. Give the gift of hope to those in need this season.*

**International AIDS Awareness Month**

International HIV/AIDS Alliance  
[www.aidsalliance.org/](http://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](http://www.preventblindness.org)

**December 1** (same date annually)

**World AIDS Day**

World AIDS Campaign  
[www.worldaidscampaign.org](http://www.worldaidscampaign.org)

**December 5** (same date annually)

**International Volunteer Day**

United Nations Volunteers  
[www.unv.org](http://www.unv.org)  
[www.worldvolunteerweb.org](http://www.worldvolunteerweb.org)

**December 7 – 13** (first full week of December)

**Aplastic Anemia and MDS Week**

Aplastic Anemia and MDS Internl, Inc.  
[www.aamds.org](http://www.aamds.org)

**December 7 – 13** (first full week of December)

**National Hand Washing Awareness Week**

Henry the Hand Foundation  
[www.henrythehand.com](http://www.henrythehand.com)

**December 7 – 13**

**National Influenza Vaccination Week**

[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)

**December 10** (same date annually)

**Human Rights Day**

United Nations Human Rights  
[www.ohchr.org](http://www.ohchr.org)

**NWI 2014 Health & Wellness Observances Calendar**

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