



Updated 09/17/09

## 2010 Health & Wellness Observances Sponsors

### JANUARY

#### **Cervical Health Awareness Month**

National Cervical Cancer Coalition  
(NCCC)

<http://www.nccc-online.org>

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

March of Dimes Birth Defects  
Foundation

<http://www.marchofdimes.com>

or

Center for Disease Control & Prevention

<http://www.cdc.gov>

#### **National Blood Donor Month**

American Association of Blood Banks  
(AABB)

<http://www.aabb.org>

#### **National Glaucoma Awareness Month**

Glaucoma Research Foundation

<http://www.glaucoma.org>

January 4 – 10

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

National Council on Folic Acid

<http://folicacidinfo.org>

January 17 – 23

#### **Healthy Weight Week**

(third week of January)

Healthy Weight Network

<http://www.healthyweightnetwork.com>

January 18 (Martin Luther King Day)

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

Corporation for National and Community  
Service

<http://www.mlkday.gov>

January 24 – 30

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

American Association of Nurse  
Anesthetists

<http://www.aana.com>

### FEBRUARY

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

Prevent Blindness America

<http://www.preventblindness.org>

#### **Heart Month**

Contact your local chapter of the American  
Heart Association

—or—

AHA National Center

<http://www.americanheart.org>

<http://www.cdc.gov>

#### **National Cancer Prevention Month**

American Institute for Cancer Research

<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

<http://www.ada.org>

#### **National Condom Month**

The Bacchus Network National Office

<http://www.bacchusgamma.org>

#### **National Senior Independence Month**

Administration on Aging

<http://www.aoa.gov>

#### **Wise Health Consumer Month**

American Institute for Preventive  
Medicine

<http://www.healthylife.com>

#### **Late February – Early April Safe Spring Break Programming**

The BACCHUS Network National Office  
Association Task Force on Alcohol and  
Other Drugs

<http://www.bacchus.org>

American College Health Association

<http://www.acha.org/index.cfm>

February 5

#### **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

<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

[http://www.goredforwomen.org/national\\_wear\\_red\\_day.aspx](http://www.goredforwomen.org/national_wear_red_day.aspx)

# NWI 2010 National Health & Wellness Observances Calendar

## February (continued)

**February 3**

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

National Girls and Women in Sports  
Coalition

AAHPERD

<http://www.aahperd.org/ngwsdcentral/>

**February 14**

### **National Condom Awareness Day**

(on Valentine's Day)

<http://www.ashastd.org>

**February 14 – 20**

### **National Cardiac Rehabilitation Week**

AACVPR Office

<http://www.aacvpr.org>

**February 15 – 21**

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

Random Acts of Kindness Foundation

<http://www.actsofkindness.org>

**February 20**

### **Love Your Pet Day**

American Social Health Association

<http://www.holidayinsights.com/moreholidays/February/loveyourpetday.htm>

**February 20 – 25**

### **Trails Advocacy Week**

American Hiking Society

<http://www.americanhiking.org/>

**February 21 – 27**

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

National Eating Disorders Association

<http://www.nationaleatingdisorders.org>

**February 22**

### **World Thinking Day**

Girl Scouts

[http://www.girlscouts.org/who\\_we\\_are/global/world\\_thinking\\_day/](http://www.girlscouts.org/who_we_are/global/world_thinking_day/)

**Late February – Early April**

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

The Bacchus Network National Office

<http://www.bacchusgamma.org>

## MARCH

### **American Red Cross Month**

American Red Cross, National  
Headquarters

–or– contact your local chapter

<http://www.redcross.org>

### **Brain Injury Awareness Month**

Brain Injury Association of America

<http://www.biausa.org>

### **Hemophilia Month**

National Hemophilia Foundation

<http://www.hemophilia.org>

### **Learning Disabilities Awareness Month**

Learning Disabilities Association of  
Canada

<http://www.ldac-taac.ca>

### **National Colorectal Awareness Month**

Cancer Research and Prevention  
Foundation

<http://www.preventcancer.org/colorectal>

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

The Arc of the United States

<http://www.thearc.org>

### **National Eye Donor Month**

EBAA, Eye Bank Association of America

<http://www.restoresight.org>

### **National Kidney Month**

National Kidney Foundation

<http://www.kidney.org>

### **National Nutrition Month**

American Dietetic Association

<http://www.eatright.org>

### **National Poison Prevention Month**

Poison Prevention Council

<http://www.poisonprevention.org>

or

American Association of Poison Control  
Centers

<http://www.aapcc.org>

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

National Association of Social Workers

<http://www.socialworkers.org>

### **Save Your Vision Month**

American Optometric Association

<http://www.aoa.org>

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

Prevent Blindness America

<http://www.preventblindness.org>

**March 1 – 7**

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

The Bacchus Network National Office

<http://www.bacchusgamma.org>

**March 7 – 13**

(week before daylight savings time)

### **National Sleep Awareness Week**

National Sleep Foundation

<http://www.sleepfoundation.org>

**March 7 – 13**

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

The National Council on Problem  
Gambling, Inc.

<http://www.ncpgambling.org/>

**March 8 – 12**

### **National School Breakfast Week**

School Nutrition Association

<http://www.schoolnutrition.org>

**March 14 – 20**

### **National Pulmonary Rehabilitation Week**

American Association of Cardiovascular  
and Pulmonary Rehabilitation

<http://www.aacvpr.org>

**March 14 – 20**

### **National Poison Prevention Week**

Poison Prevention Week Council

<http://www.poisonprevention.org>

**March 18 (third Thursday)**

### **Companies that Care Day**

Center for Companies that Care

[http://www.companies-that-care.org/l2\\_day.php](http://www.companies-that-care.org/l2_day.php)

# NWI 2010 National Health & Wellness Observances Calendar

## March (continued)

### 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 (Same date each year)

#### World Water Day

RC International Water and Sanitation Centre

<http://www.unwater.org>

### March 22 – 26

#### National Youth Violence Prevention Week

National Association of SAVE

<http://www.nationalsave.org>

### March 23

#### American Diabetes Alert Day

(fourth Tuesday in March)

American Diabetes Association Public Relations

<http://www.diabetes.org>

### March 24

#### Kick Butts Day

Campaign for Tobacco-Free Kids

<http://www.tobaccofreekids.org>

## APRIL

### National Alcohol Awareness Month

SAMSHA's National Clearinghouse for Alcohol & Drug Information

<http://www.ncadi.samsha.gov>

### National Cancer Control Month

Contact your local chapter or American Cancer Society

<http://www.cancer.org>

### National Child Abuse Prevention Month

Prevent Child Abuse America

<http://www.preventchildabuse.org>

—or—

Child Welfare Information Gateway Children's Bureau/ACYF

<http://www.childwelfare.gov/preventing/preventionmonth/>

### National Counseling Awareness Month

American Counseling Association (ACA)

<http://www.counseling.org>

### National Donate Life Month

HRSA Information Center

<http://www.organdonor.gov/>

### Stress Awareness Month

American Counseling Association (ACA)

<http://www.counseling.org>

### National Humor Month

Association for Applied and Therapeutic Humor

[http://www.aath.org/authors\\_crisis.htm](http://www.aath.org/authors_crisis.htm)

Carmel institute Of Humor

<http://www.larrywilde.com/month/htm>

<http://www.thehumorcollection.org/>

<http://www.comedycures.org>

### National Minority Health & Health Disparities Month

Office of Minority Health Resource Center

<http://www.omhrc.gov>

### National Occupational Therapy Month

The American Occupational Therapy Association

<http://www.aota.org>

### National STDs/Family Planning Awareness Month

American Social Health Association

<http://www.ashastd.org/>

### National Youth Sports Safety Month

National Youth Sports Safety Foundation, Inc.

<http://www.nyssf.org>

### Sexual Assault Awareness Month

National Sexual Violence Resource Center

<http://www.nsvrc.org>

### Late February – Early April

#### Safe Spring Break Programming

The BACCHUS Network National Office Association Task Force on Alcohol and Other Drugs

<http://www.bacchus.org>

American College Health Association

<http://www.acha.org/index.cfm>

### April 2 (first Wednesday of April)

#### International Children's Book Day

International Board on Books for Young People

Basel, Switzerland

<http://wwwq.ibby.org/index.php?id=269>

### April 7 (first Wednesday of April)

#### National Day of Hope

Childhelp USA National Hdqtrs

<http://www.childhelpusa.org>

### April 2 – 4

#### Alcohol - Free Weekend

National Council on Alcoholism and Drug Dependence, Inc.

<http://www.ncadd.org>

### April 4 – 10 (first full week)

#### National Week of the Ocean

National Week of the Ocean Website

<http://www.national-week-of-the-ocean.org/>

### April 7 – 13

(starts on World Health Day)

#### National Public Health Week

American Public Health Association

<http://www.apha.org>

### April 7 (annually on April 7)

#### World Health Day

World Health Organization

<http://www.who.org>

<http://www.paho.org>

### April 8 (annually on April 8)

#### Wisconsin Wellness Day

National Wellness Institute

<http://www.nationalwellness.org>

### April 8

#### National Alcohol Screening Day

Screening for Mental Health, Inc. One Washington Street, Suite 304 Wellesley Hills, MA 02481

(781) 239-0071

<http://www.mentalhealthscreening.org>

### April 10

#### Siblings Day

Siblings Day Foundation

<http://www.siblingsday.org/bodyframe.htm>

# NWI 2010 National Health & Wellness Observances Calendar

## April (continued)

**April 11 – 17**

### **National Environmental Education Week (eeweek)**

National Environmental Education Foundation

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

<http://www.neefusa.org/programs/eeweek.htm>

**April 11 – 17**

### **National Health Information Privacy & Security Week**

American Health Information Management Association – AHIMA

<http://www.ahima.org>

**April 11 – 17**

### **National Library Week**

American Library Association

<http://www.ala.org>

<http://www.ala.org/ala/aboutala/offices/pio/natllibraryweek/nlw.cfm>

**April 14** (annually, April 14)

### **International Moment of Laughter Day**

Izzy Gesell, Wide Angle Humor

<http://www.izzyg.com>

**April 16** (annually, April 16)

### **National Healthcare Decisions Day**

NHDD

<http://nationalhealthcaredecisionsday.org>

**April 18 – 24**

### **National Minority Cancer Awareness Week**

National Cancer Institute

Public Inquiries Office

<http://cancernet.nci.nih.gov>

**April 18 – 24** (annually, third week of April)

### **National Volunteer Week**

The Points of Light and Hands On Network

<http://www.PointsofLight.org>

We, The World, A United World

[www.aunitedworld.org/nvw.asp](http://www.aunitedworld.org/nvw.asp)

**April 19 – 25**

### **Medical Fitness Week**

Medical Fitness Association

<http://www.medicalfitness.org>

**April 19 – 25**

### **Medical Fitness Week**

Medical Fitness Association

<http://www.medicalfitness.org>

**April 22** (annually)

### **Earth Day**

Earth Day Network

<http://www.earthday.net>

**April 22** (fourth Thursday April)

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

Daughters And Sons To Work@ Day

<http://www.daughtersandsonstowork.org/wmspage.cfm?parm1=49>

**April 23** (fourth Friday April)

### **Remember children Lost to Violence**

Child Welfare League of America

[www.cwla.org/advocacy/memorialflag.htm](http://www.cwla.org/advocacy/memorialflag.htm)

**April 23 – 25**

### **Global Youth Service Day**

Youth Service America

<http://ysa.org/NatIGYSD/tabid/59/Default.aspx>

**April 24 – May 1**

### **National Infant Immunization Week**

CDC, National Immunization Program

<http://www.cdc.gov/vaccines/events/niiw>

## MAY

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

Allergy and Asthma Foundation of America

<http://www.aafa.org>

<http://www.aanma.org>

### **Better Sleep Month**

The Better Sleep Council

<http://www.bettersleep.org>

### **Clean Air Month**

American Lung Association  
Communications Department

<http://www.lungusa.org>

or

Centers for Disease Control

<http://www.cdc.gov/features/cleanairmonth>

### **Correct Posture Month**

American Chiropractic Association  
Communications Department

<http://www.amerchiro.org>

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

National Eye Institute

<http://www.healthyvision2010.org/hvm>

American Optometric Association

<http://www.aoa.org>

### **Hepatitis Awareness Month**

Hepatitis Foundation International

<http://www.hepfi.org>

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

Huntington's Disease Society of America

<http://www.hdsa.org>

### **National Arthritis Month**

Arthritis Foundation

<http://www.arthritis.org>

### **National Bike Month**

League of American Bicyclists

<http://www.bikeleague.org>

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

NHLBI Information Center

<http://www.nhlbi.nih.gov/>

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

American Academy of Dermatology

<http://www.aad.org>

—or—

American Cancer Society

<http://www.skincancer.org>

### **National Mental Health Month**

National Mental Health Association

<http://www.nmha.org>

### **National Osteoporosis Awareness Prevention Month**

National Osteoporosis Foundation

<http://www.nof.org>

# NWI 2010 National Health & Wellness Observances Calendar

## May (continued)

### National Physical Fitness and Sports Month

President's Council on Physical Fitness and Sports  
<http://www.fitness.gov>

### National Stroke Awareness Month

National Stroke Association  
<http://www.stroke.org>

–or–

American Heart Association  
National Center  
<http://www.americanheart.org>

–or–

contact your local American Heart Association office

### National Teen Pregnancy Prevention Month

Advocates for Youth  
<http://www.advocatesforyouth.org>

### National Tuberous Sclerosis Awareness Month

Tuberous Sclerosis Alliance  
<http://www.tsalliance.org/>

### Older Americans Month

U.S. Dept. of Health and Human Services  
Administration on Aging  
<http://www.aoa.dhhs.gov>  
<http://www.owl-national.org>

### April 26 – May 3

#### National SAFE KIDS Week

Safe Kids Worldwide  
National SAFE KIDS Campaign  
<http://www.safekids.org>  
<http://www.usasafekids.org>

### May 1 – 7 (same dates annually)

#### National Physical Education and Sports Week

National Association for Sport and Physical Education (American Alliance for Health, Physical Education, Recreation, and Dance)  
<http://www.aahperd.org>

### May 1

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

Points of Light and Hands on Network  
<http://www.PointsofLight.org>  
<http://joinhandsday.org>

### May 2 – 8

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

American Society of Safety Engineers  
<http://www.asse.org/naosh>

### May 2 – 8 (first full week in May) International Building Safety Week

International Code Council  
Foundation  
<http://www.icc-foundation.org>  
<http://www.iccsafe.org/safety/BSW/>

### May 2 – 8 (first full week in May)

#### Be Kind to Animals Week

Canadian federation of Humane Societies  
<http://www.cfhs.ca>  
Paw Prints and Purs, Inc.  
[http://www.sniksnak.com/ac/may\\_bk2a.html](http://www.sniksnak.com/ac/may_bk2a.html)  
American Humane Association  
<http://www.americanhumane.org/>

### May 6 – 12 (same dates each year)

#### National Nurses Week

American Nurses Association  
<http://www.nursingworld.org>

### May 12 (during National Nurses Week)

#### School Nurse Day

<http://www.nasn.org>

### May 6 (first Wednesday in May)

#### PROJECT ACES DAY

(All Children Exercise Simultaneously)  
Youth Fitness Coalition, Inc.  
<http://www.projectaces.com>  
<http://www.lensaunders.com/aces/aces.html>

### May 8 (same date each year)

#### World Red Cross/Red Crescent Day

American Red Cross, International Services  
National Headquarters  
Or contact your local chapter  
<http://www.redcross.org>

### May 8

#### World Fair Trade Day

World Fair Trade Association (WFTO)  
<http://www.wfto.org>

### May 9 – 15 (during week of May 12)

#### National Hospital Week

American Hospital Association  
<http://www.aha.org>

### May 9 – 15 (Mother's Day week)

#### National Nursing Home Week

American Health Care Association  
[http://www.ahcancal.org/events/national\\_nursing\\_home\\_week/Pages/default.aspx](http://www.ahcancal.org/events/national_nursing_home_week/Pages/default.aspx)

### May 9 – 15 (Mother's Day week)

#### Women's Health Week

Office on Women's Health  
Department of Health and Human Services  
<http://www.4woman.gov/owh>

### May 10 – 16

#### National Volunteer Week – Australia

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

### May 17 – 21 (third week in May)

#### Bike to Work Week

League of American Bicyclists  
[bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org)  
<http://www.bikeleague.org>

### May 19 (third Wednesday)

#### National Employee Health and Fitness Day

National Association for Health and Fitness  
<http://www.physicalfitness.org>

### May 23 – 29 (last full week in May)

#### Older Americans Mental Health Week

Older Women's League  
<http://www.owl-national.org>

# NWI 2010 National Health & Wellness Observances Calendar

## May (continued)

**May 24 – June 6**

### **Buckle Up America! Week/Click It or Ticket Week**

NHTSA  
<http://www.nhtsa.gov>

**May 26**

### **National Senior Health & Fitness Day**

National Senior Health & Fitness Day  
<http://www.fitnessday.com>

## JUNE

**(June & July)**

### **Fireworks Safety Months**

National Council on Fireworks Safety  
[getinfo@fireworksafety.com](mailto:getinfo@fireworksafety.com)  
<http://www.fireworksafety.com/>

### **National Home Safety Month**

Home Safety Council  
<http://www.homesafetycouncil.org/home-safetymonth>

### **Professional Wellness Month**

National Wellness Institute  
<http://www.nationalwellness.org>

### **National Great Outdoors Month**

American Recreation Coalition  
<http://www.greatoutdoorsmonth.org/>

### **National Safety Month**

National Safety Council  
[info@ncs.org](mailto:info@ncs.org)  
<http://www.nsc.org>

### **National Scleroderma Awareness Month**

United Scleroderma Foundation, Inc.  
<http://www.scleroderma.org>

**June 1** (annually on June 1)

### **Stand for Children Day**

<http://www.stand.org>

**June 1 – 7** (same each year)

### **National Headache Awareness Week**

National Headache Foundation  
<http://www.headaches.org>

**June 5** (same date each year)

### **World Environment Day**

United Nations Environment Programme (UNEP)

[www.unep.org/wed](http://www.unep.org/wed)  
[Rajinde.sign@unep.org](mailto:Rajinde.sign@unep.org)

**June 5** (first Saturday in June)

### **National Trails Day**

American Hiking Society  
<http://www.americanhiking.org/>

**June 5**

### **National Hunger Awareness Day**

Food Banks of Canada  
<http://www.hungerawareness.ca>

**June 6**

### **National Cancer Survivors Day**

National Cancer Survivors Day Foundation  
<http://www.ncsdf.org>

**June 13** (Second Sunday in June)

### **National Children's Day**

National Children's Day  
<http://www.nationalchildrensday.us/>

**June 14** (same date each year)

### **World Blood Donor Day**

<http://www.wbdd.org/>

**June 14 – 20** (ending with Father's Day)

### **National Men's Health Week**

National Men's Health Network  
<http://www.menshealthweek.org>

**June 27** (same date each year)

### **National HIV Testing Day**

National Association of People With AIDS  
<http://www.napwa.org>

## JULY

**(June & July)**

### **Fireworks Safety Months**

National Council on Fireworks Safety  
[getinfo@fireworksafety.com](mailto:getinfo@fireworksafety.com)  
<http://www.fireworksafety.com/>

### **Eye Injury Prevention Month**

Federal Occupational Health  
<http://www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp>

### **UV Safety Month**

American Academy of Ophthalmology  
<http://www.preventblindness.org>  
and  
[http://www.earthgauge.net/wp-content/fact\\_sheets/EG\\_UV\\_Safety.pdf](http://www.earthgauge.net/wp-content/fact_sheets/EG_UV_Safety.pdf)

**July 1 – 7** (during 4<sup>th</sup> of July)

### **Clean Beaches Week**

"Earth Day" for beaches  
<http://www.cleanbeaches.org>

**July 11 – 17** (second week in July)

### **National Therapeutic Recreation Week**

NTRS - Branch of the National Park and Recreation Association  
<http://www.nrpa.org>

**July 17 – 22, 2010**

**35<sup>th</sup> Annual**

### **National Wellness Conference**

(UW–Stevens Point Campus)

National Wellness Institute  
PO Box 827; 1300 College Court  
Stevens Point, WI 54481–0827  
(800) 243–8694  
<http://www.nationalwellness.org>

**July 18 – 24**

### **Everybody Deserves Massage Week**

Assoc. Bodywork and Massage Prof.  
<http://www.abmp.com>

## AUGUST

### **Cataract Awareness Month**

American Academy of Ophthalmology  
<http://www.aao.org>

### **Medic Alert Awareness Month**

<http://www.medicalert.org>

### **National Immunization Awareness Month**

Center for Disease Control & Prevention  
<http://www.cdc.gov/vaccines>

**August 1 – 7**

### **World Breastfeeding Week**

La Leche League International  
<http://www.llli.org/>

**August 4**

### **National Night Out**

America's Night Out Against Crime  
<http://www.nationalnightout.org/nno/about.html>

# NWI 2010 National Health & Wellness Observances Calendar

## August (continued)

**August 8 – 14** (second week in August)

### National Health Center Week

National Association of Community Health Centers, Inc.

<http://www.healthcenterweek.com/>

**August 9** (always)

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

Dag Hammarskjöld Library  
United Nations

<http://www.un.org/depts/dhl/indigenous/>

## SEPTEMBER

### 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)

<http://www.americaonthemove.org>

### Baby Safety Awareness Month

Juvenile Product Manufacturers Association

[jpma@ahint.com](mailto:jpma@ahint.com)

<http://www.jpma.org>

### Healthy Aging Month

Healthy Aging, Educational Television Network, Inc.

<http://www.helahtyaging.net>

### BioDiversity Month

Dept. of the Environment and Heritage  
Australia

<http://www.environment.gov.au/biodiversity/>

### Children's Eye Health and Safety Month

Prevent Blindness America

<http://www.preventblindness.org>

### Fruit & Veggie Month

Fruits & Veggies More Matters

<http://www.fruitsandveggiesmatter.gov>

<http://www.movingtothefuture.org>

### Healthy Aging™ Month

Healthy Aging Campaign  
Educational Television Network, Inc.

[info@healthyaging.net](mailto:info@healthyaging.net)

<http://www.healthyaging.net>

### Leukemia & Lymphoma Awareness Month

Leukemia and Lymphoma Society of America

<http://www.leukemia-lymphoma.org>

### National Alcohol and Drug Addiction Recovery Month

Substance Abuse and Mental Health Services Administration (SAMHSA)  
National Clearinghouse for Alcohol and Drug Information

<http://www.recoverymonth.gov>

### National Cholesterol Education Awareness Month

National Heart, Lung, and Blood Institute  
Information Center

<http://hp2010.nhlbihin.net/cholmonth/>

### National Food Safety Education Month

International Food Safety Council  
National Restaurant Association  
Educational Foundation

International Food Safety Council

<http://www.foodsafety.gov/>

### National Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition, Inc.

<http://www.ovarian.org>

### National Menopause Awareness Month

North American Menopause Society

[info@menopause.org](mailto:info@menopause.org)

<http://www.menopause.org>

### National Pain Awareness Month

The National Pain Foundation

<http://www.nationalpainfoundation.org>

or

Pain Connection

Chronic Pain Outreach Center, Inc.

[info@painconnection.org](mailto:info@painconnection.org)

### National Preparedness Month

Cosponsored by  
American Red Cross  
National Headquarters

<http://www.redcross.org/>

and

U.S. Dept of Homeland Security

<http://www.ready.gov/>

### National Sickle Cell Disease Awareness Month

Sickle Cell Disease Association of America, Inc.

[scdaa@sicklecelldisease.org](mailto:scdaa@sicklecelldisease.org)

<http://www.sicklecelldisease.org>

### National Work & Family Month

AWLP Headquarters

[awlp@worldatwork.org](mailto:awlp@worldatwork.org)

<http://www.awlp.org/awlp/nwfm/nwfm-home.jsp>

### National Yoga Month

Yoga Health Foundation

[support@yogamonth.org](mailto:support@yogamonth.org)

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

### Prostate Health Month

National Prostate Cancer Coalition

<http://www.menshealthnetwork.org>

### Sports and Home Eye Safety Month

Prevent Blindness America

<http://www.preventblindness.org>

### 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

<http://www.aap.org/healthtopics/safety.cfm>

Safe Kids Worldwide

<http://www.pcaaw.com>

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

### Suicide Prevention Week

American Association of Suicidology

<http://www.suicidology.org>

**September 7** (annually Sept. 7)

### National Threatened Species Day

U.S. Headquarters

World Wildlife Fund (WWF)

<http://www.worldwildlife.org/>

**September 11** (annually Sept. 11)

### National Service and Remembrance Day

2009 Serve America Act

<http://www.mygooddeed.org>

<http://www.911dayofservice.org>

# NWI 2010 National Health & Wellness Observances Calendar

## September (continued)

**September 12 – 18**  
**National Assisted Living Week**  
National Center for Assisted Living  
<http://www.nalw.org>

**September 15** (third Wednesday)  
**Backpack Awareness Day**  
The American Occupational Therapy Association  
<http://www.aota.org>

**September 16**  
**International Day for the Preservation of the Ozone**  
The Ozone Secretariat  
<http://ozone.unep.org/>

**September 19 – 26** (last full week)  
**Active Aging Week**  
International Council on Active Aging  
<http://www.icaa.cc>

**September 20 – 26** (2009)  
**National Rehabilitation Week**  
National Rehabilitation Awareness Foundation  
<http://www.nraf-rehabnet.org/>

**September 20 – 26** (2009)  
**National Adult Immunization Awareness Week**  
CDC-INFO Contact Center  
<http://www.cdc.gov/vaccines/events/naia/w/default.htm>

**September 20 – 26** (2009)  
**National Farm Safety and Health Week**  
National Educational Center for Agricultural Safety  
<http://www.nsc.org/necas>

**September 21** (third Tuesday)  
**Take A Loved One to the Doctor Day**  
National Health Information Center  
<http://www.healthfinder.gov/orgs>

**September 21** (Sept. 21 annually)  
**International Day of Peace**  
United Nations  
<http://www.un.org/events/peaceday>

**September 25** (last Saturday)  
**Family Health and Fitness Day USA**  
Health Information Resource Center  
<http://www.fitnessday.com>

**September 25** (last Saturday)  
**National Public Lands Day**  
National Public Lands Day  
<http://www.publiclandsday.org>  
<http://www.neefusa.org>

**September 29** (last Wednesday)  
**National Women's Health & Fitness Day**  
Health Information Resource Center  
<http://www.fitnessday.com>

## OCTOBER

**Alzheimer's Association Memory Walk** (Fall Weekend)  
Dates vary depending on your location.  
Contact your local Alzheimer's Association  
—or—  
Alzheimer's Association  
[memorywalk@alz.org](mailto:memorywalk@alz.org)  
<http://www.alz.org>

**American Heart Walk**  
Dates vary depending on your location.  
American Heart Association  
<http://www.americanheart.org>

**Auto Battery Safety Month**  
Prevent Blindness America  
<http://www.preventblindness.org>

**Eat Better, Eat Together Month**  
Washington State University  
<http://nutrition.wsu.edu/ebet/>

**Children's Health Month**  
Office of Children's Health Protection  
U.S. Environmental Protection Agency  
<http://yosemite.epa.gov/oachp/oachpweb.nsf/content/chm.htm>  
<http://children.foreignpolicyblogs.com/2008/10/01/october-is-childrens-health-month/>  
Healthy Child Healthy World  
<http://healthychild.org/about>

## Domestic Violence Awareness Month

National Coalition Against Domestic Violence –  
(contact your state coalition)  
National Domestic Violence Hotline:  
<http://www.ncadv.org>

Domestic Violence Awareness Project  
National Resource Center for Domestic Violence  
[ck@pcadb.org](mailto:ck@pcadb.org)  
[dvam.vawnet.org](http://dvam.vawnet.org)

## Health Literacy Month

Health Literacy Consulting  
<http://www.healthliteracymonth.org>

## Healthy Babies Month

March of Dimes/Birth Defects Foundation  
<http://www.marchofdimes.com>

## Healthy Lung Month

American Lung Association  
<http://www.lungusa.org>  
Contact your local Lung Association

## Lupus Awareness Month

Lupus Foundation of America, Inc.  
<http://www.lupus.org>

## National Breast Cancer Awareness Month

nbcamquestions@yahoo.com  
<http://nbcam.org/>  
—or—  
The Susan G. Komen Breast Cancer Foundation  
<http://www.komen.org>  
—or—  
National Cancer Institute's Cancer Information Service  
<http://cancernet.nci.nih.gov>

## National Chiropractic Month

American Chiropractic Association  
<http://www.amerchiro.org/>

## National Crime Prevention Month

National Crime Prevention Council  
<http://www.ncpc.org>

## National Dental Hygiene Month

American Dental Hygienists Assn  
<http://www.adha.org>

# NWI 2010 National Health & Wellness Observances Calendar

## October (continued)

### National Depression and Mental Health Screening Month

Screening for Mental Health, Inc.  
<http://www.mentalhealthscreening.org>

### National Disability Employment Awareness Month

U.S. Dept. of Labor  
<http://www.dol.gov/>

### National Family Sexuality Education Month

Planned Parenthood Federation of America  
<http://www.plannedparenthood.org/>

### National Liver Awareness Month

American Liver Foundation  
<http://www.liverfoundation.org>

### National Physical Therapy Month

American Physical Therapy Association  
<http://www.apta.org>

### National Spina Bifida Month

Spina Bifida Association of America  
<http://www.sbaa.org>

### National Spinal Health Month

American Chiropractic Association  
<http://www.amerchiro.org>

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

SIDS Alliance  
<http://www.sidsalliance.org>

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

National Office of the US Fund for UNICEF  
<http://www.unicefusa.org>

### National Work and Family Month

Alliance for Work-Life Progress  
[awlp@worldatwork.org](mailto:awlp@worldatwork.org)  
<http://www.awlp.org>

### Talk About Prescriptions Month

National Council on Patient Information and Education  
[ncie@ncpie.info](mailto:ncie@ncpie.info)  
<http://www.talkaboutrx.org>

### Vegetarian Awareness Month

North American Vegetarian Society  
<http://www.worldvegetarianday.org>

### October 1 (annually same date) International Day of Older Persons HREA – Netherlands Office

HREA – USA Office  
[www.hrea.org/feature-events/day-older-persons](http://www.hrea.org/feature-events/day-older-persons)

### October 4 (first Monday in October) Child Health Day U.S. Dept. of Health and Human Services <http://mchb.hrsa.gov>

### October 4 (first Monday in October) World Habitat Day UN Habitat Nairobi 0010, Kenya <http://www.unhabitat.org/>

### October 4 – 10 (Always week including October 9 – Chicago Fire) National Fire Prevention Week National Fire Protection Association <http://www.nfpa.org>

### October 4 – 10 National Mental Illness Awareness Week American Psychiatric Association <http://www.healthyminds.org> NAMI – National Alliance on Mental Illness [http://www.nami.org/template.cfm?section=mental\\_illness\\_awareness\\_week](http://www.nami.org/template.cfm?section=mental_illness_awareness_week)

### October 4 – 10 National LPN Awareness & Recognition Week National Federation of Licensed Practical Nurses, Inc. <http://www.nflpn.org/>

### October 7 International Walk-to-School Day National Center for Safe Routes to School [walk@walktoschool.org](mailto:walk@walktoschool.org) <http://www.walktoschool.org/>

### October 10 (always October 10) Put the Brakes on Fatalities Day The Transportation and Development Institute of the American Society of Civil Engineers (T&DI) <http://www.brakesonfatalities.org>

### October 10 (always October 10) World Mental Health Day World Federation for Mental Health <http://www.wfmh.org>

### October 11 – 15 (second full week) National School Lunch Week School Nutrition Association <http://www.schoolnutrition.org>

### October 15 (always 3<sup>rd</sup> Fri in Oct) National Mammography Day <http://www.nbcam.com> or American Cancer Society <http://www.cancer.org> or... Susan G. Komen Breast Cancer Foundation <http://www.komen.org> or National Cancer Institute <http://www.cancer.gov/>

### October 16 (always Oct 16) World Food Day National Committee for World Food Day <http://www.worldfooddayusa.org>

### October 17 – 23 (third week) International Infection Prevention Week Association for Professionals in Infection Control and Epidemiology, Inc. [www.apic.org](http://www.apic.org)

### October 17 (always October 17) International Day for the Eradication of Poverty United Nations <http://www.un.org/depts/dhl/poverty>

### October 17 – 23 (third week) National Health Education Week (K-6 School Programming) National Center for Health Education <http://www.nche.org>

# NWI 2010 National Health & Wellness Observances Calendar

## October (continued)

**October 17 – 23** (third week)

### National Healthcare Quality Week

National Association for Healthcare Quality

<http://www.nahq.org/>

**October 18 – 24** (third week)

### Kids Care Week

Kids Care Clubs  
Points of Light & Hands On Network  
<http://www.kidscare.org/about/kidsCareWeek>

**October 20** (same date annually)

### World Osteoporosis Day

National Osteoporosis Foundation  
<http://www.nof.org>

**October 20** (same date annually)

### World Osteoporosis Day

National Osteoporosis Foundation  
<http://www.nof.org>

**October 22** (fourth Sat Oct)

### Make a Difference Day

(celebrating people helping people)  
The Points of Light Foundation  
<http://www.makeadifferenceday.com>  
<http://www.pointsoflight.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  
<http://www.nfp.org>

**October 24** (same date annually)

### Take Back Your Time Day

The Simplicity Forum  
<http://www.timeday.org/>

**October 24 – 30** (fourth week)

### National Consultant & Senior Care Pharmacists Week

American Society of Consultant Pharmacists  
<http://www.ascp.com/publicrelations/ascpncpw.cfm/>

**October 24 – 30** (last full week Oct)

### National Respiratory Care Week

American Association for Respiratory Care  
<http://www.aarc.org>

**October 27** (Wed of Last week)

### Lung Health Day

American Association for Respiratory Care  
<http://www.aarc.org>

## NOVEMBER

### American Diabetes Month

American Diabetes Association  
Public Relations  
<http://www.diabetes.org>

### American Indian & Alaska Native Heritage Month

Indian Health Service (HQ)  
<http://www.loc.gov/topics/nativeamericans/>

### Diabetic Eye Disease Month

Prevent Blindness America  
<http://www.preventblindness.org>

### Great American Smoke out Month

American Cancer Society  
National Headquarters  
<http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp>  
<http://www.cancer.org>

### National Alzheimer's Disease Awareness Month

Alzheimer's Disease and Related Disorders Association  
<http://www.alz.org>

### National Child Mental Health Month

c/o New York University Child Study Center  
<http://www.aboutourkids.org>

### National Epilepsy Awareness Month

Epilepsy Foundation of America  
<http://www.efa.org>

### National Family Caregivers Month

National Family Caregivers Association  
<http://www.nfcacares.org>

### National Healthy Skin Month

American Academy of Dermatology  
<http://www.aad.org>

### National Home Care Month

National Association for Home Care & Hospice  
<http://www.nahc.org>

### National Hospice Month

National Hospice and Palliative Care Organization  
<http://www.nhpc.org>

### Prematurity Awareness Month

March of Dimes Birth Defects Foundation  
<http://www.marchofdimes.com>

**November 8 – 14**

### World Kindness Week/Day 11/13

Random Acts of Kindness Foundation  
<http://www.actsofkindness.org>

**November 14 – 20**

(week before Thanksgiving)

### American Education Week

National Education Association  
<http://www.nea.org>

**November 14** (always Nov 14)

### World Diabetes Day

International Diabetes Federation  
Brussels, Belgium  
<http://www.worlddiabetesday.org>

**November 15** (always Nov 15)

### National Philanthropy Day

Association of Fundraising Professionals  
[http://www.afpnet.org/national\\_philanthropy\\_day\\_and\\_afp\\_awards](http://www.afpnet.org/national_philanthropy_day_and_afp_awards)

**November 15** (always Nov 15)

### America Recycles Day

National Recycling Coalition, Inc.  
<http://www.americarecyclesday.org>

**November 18** (third Thursday)

### Great American Smokeout

American Cancer Society  
National Headquarters  
<http://www.acsf2f.com/gaso/>

**November 20** (Saturday before Thanksgiving)

### National Family Volunteer Day

Points of Light Foundation  
[Nonprofit.Gov@PointsofLight.org](http://Nonprofit.Gov@PointsofLight.org)  
[familyvolunteering@pointsoflight.org](http://familyvolunteering@pointsoflight.org)  
<http://www.familycares.org/projects/familyVolunteerDay.cfm>

**November 22 – 28** (Thanksgiving week)

### National Family Week

Alliance for Children and Families  
<http://www.nationalfamilyweek.org>

**November 25 – January 2**

(Thanksgiving through New Year's)

### Tie One On For Safety Campaign

Attach a red ribbon to your car, and drive safe and sober.  
Mothers Against Drunk Driving (MADD)  
<http://www.madd.org>

**November (continued)**

**November 26** (always Thanksgiving Day)  
**National Family Health History Day**  
U.S. Dept. of Health and Human Services  
<http://www.hhs.gov/familyhistory/>

**November 28 – December 4**  
**National Influenza Vaccination Week**  
(Week after Thanksgiving)  
<http://www.cdc.gov/vaccine/events>

**DECEMBER**

**International Aids Awareness Month**  
International HIV/AIDS Alliance  
<http://www.aidsalliance.org/>

**National Drunk and Drugged Driving Prevention (3D) Month**  
National Highway Traffic Safety Administration  
Office of Public and Consumer Affairs  
<http://www.nhtsa.dot.gov>  
<http://cdc.gov/ncipc/duip/spotelite/>

**Safe Toys and Gifts Month**  
Prevent Blindness America  
<http://www.preventblindness.org>

**December 1**  
**World AIDS Day** (annually)  
Joint United Nations Programme on HIV/AIDS (UNAIDS)  
Geneva 27 Switzerland  
<http://www.unaids.org>  
<http://www.worldaidscampaign.org>

**December 5 – 11** (First full week of Dec)  
**National Aplastic Anemia Week**  
Aplastic Anemia and MDS Internl, Inc. AA&MDSIF  
<http://www.aamds.org>

**December 5 – 11** (First full week of Dec)  
**National Hand Washing Awareness Week**  
Henry the Hand Foundation  
<http://www.henrythehand.com>

**December 5**  
**International Volunteer Day**  
External Relations Group  
United Nations Volunteers  
Germany  
<http://www.worldvolunteerweb.org>

**December 10th** (annually)  
**Human Rights Day**  
An official United Nations observance day since 1948, for all members of the human family across the globe

**December 13**  
**Ice Cream Day**  
Holiday Insights  
<http://www.holidayinsights.com/other/icecreamday.htm>

**NWI 2010 National Health & Wellness Observances Calendar**

*published by:*  
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