



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

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

or

Go Red For Women Cause Initiatives
American Heart Association
National Center

http://www.goredforwomen.org/national_wear_red_day.aspx

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/

**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

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
—or— National Native American AIDS Prevention Center
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

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.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

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

April 23 – 25

Global Youth Service Day

Youth Service America

<http://ysa.org/NatlGYSD/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

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

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

May 17 – 21 (third week in May)

Bike to Work Week

League of American Bicyclists

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

<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.natoinalwellness.org>

National Great Outdoors Month

American Recreation Coalition

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

National Safety Month

National Safety Council

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

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

<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

July 1 – 7 (during 4th 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

35th 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>

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

jpm@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

<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.nhlbi.nih.gov/cholesterol/>

National Food Safety Education Month

International Food Safety Council
National Restaurant Association

<http://www.serve-safe.com>

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

<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

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

<http://www.sicklecelldisease.org>

National Work & Family Month

AWLP Headquarters

awlp@worldatwork.org

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

National Yoga Month

Yoga Health Foundation

support@yogamonth.org

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-](http://www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september)

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

[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.pcaw.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>

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
<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/ochp/ochpweb.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
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>

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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
<http://www.awlp.org>

Talk About Prescriptions Month

National Council on Patient Information and Education
ncpie@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

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

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 <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 3rd 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

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>

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

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
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>

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