

2013 Health & Wellness Observances Calendar

Presented by the



JANUARY 2013

Continue the season of giving into the new year by organizing a blood drive in your community.

Cervical Health Awareness Month

National Cervical Cancer Coalition (NCCC)
www.nccc-online.org

National Birth Defects Prevention Month

March of Dimes Birth Defects Foundation
www.marchofdimes.com
or
Center for Disease Control & Prevention
www.cdc.gov

National Blood Donor Month

American Association of Blood Banks (AABB)
www.aabb.org

National Glaucoma Awareness Month

Glaucoma Research Foundation
www.glaucoma.org

January 6 – 12

National Folic Acid Awareness Week

National Council on Folic Acid
folicacidinfo.org

January 13 – 19 (third week of January)

Healthy Weight Week

Healthy Weight Network
www.healthyweightnetwork.com

January 21 (Martin Luther King Day)

King Day of Service (annually)

Corporation for National and Community Service
www.mlkday.gov

January 20 – 26

National Certified Nurse Anesthetists Week

American Association of Nurse Anesthetists
www.aana.com

FEBRUARY 2013

About 1/3 of common cancers can be prevented with healthy living choices such as diet, exercise, and weight management.

AMD/Low Vision Awareness Month

Prevent Blindness America
www.preventblindness.org

American Heart Month

Contact your local chapter of the American Heart Association
or
AHA National Center
www.americanheart.org
www.cdc.gov

National Cancer Prevention Month

American Institute for Cancer Research
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
www.ada.org

National Condom Month

The Bacchus Network National Office
www.bacchusnetwork.org

National Senior Independence Month

Administration on Aging
www.aoa.gov

Wise Health Consumer Month

American Institute for Preventive Medicine
www.healthylife.com



February 1

National Girls & Women in Sports Day

National Girls and Women in Sports Coalition
AAHPERD
www.aahperd.org/nagws/programs/ngwsd

February 1

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 or
Women Heart
www.womenheart.org or
Go Red For Women Cause Initiatives
American Heart Association National Center
www.goredforwomen.org/national_wear_red_day.aspx

February 3 – 9

National Cardiac Rehabilitation Week

AACVPR Office
www.aacvpr.org

February 14 (Valentine's Day)

National Condom Awareness Day

www.ashastd.org

February 11 – 17

Random Acts of Kindness Week

Random Acts of Kindness Foundation
www.randomactsofkindness.org

February 24 – March 2

National Eating Disorders Awareness Week

National Eating Disorders Association
www.nationaleatingdisorders.org

February 22

World Thinking Day

Girl Scouts
www.girlscouts.org/who_we_are/global/world_thinking_day/

Late February – Early April

Collegiate Safe Spring Break Programming

The Bacchus Network National Office
www.bacchusnetwork.org

MARCH 2013

Confused by all the different diets? Talk to a registered dietitian for food and nutrition solutions for your lifestyle.

American Red Cross Month

American Red Cross, National Headquarters or contact your local chapter
www.redcross.org

Brain Injury Awareness Month

Brain Injury Association of America
www.biausa.org

Hemophilia Month

National Hemophilia Foundation
www.hemophilia.org

National Colorectal Awareness Month

Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

National Developmental Disabilities Awareness Month

The Arc of the United States
www.thearc.org

National Eye Donor Month

EBAA, Eye Bank Association of America
www.restoresight.org

National Kidney Month

National Kidney Foundation
www.kidney.org

National Nutrition Month

Academy of Nutrition and Dietetics
www.eatright.org

National Poison Prevention Month

Poison Prevention Council
www.poisonprevention.org
American Association of Poison Control Centers
www.aapcc.org

National Professional Social Work Month

National Association of Social Workers
www.socialworkers.org



National Wellness Institute's 2013 Health & Wellness Observances Calendar

Save Your Vision Month

American Optometric Association
www.aoa.org

Workplace Eye Health and Safety Month

Prevent Blindness America
www.preventblindness.org

National Athletic Trainers Month

National Athletic Trainers' Association
<http://www.nata.org/>

March 3 – 9

National Collegiate Health and Wellness Week

The Bacchus Network National Office
www.bacchusnetwork.org

March 3 – 9

National Problem Gambling Awareness Week

The National Council on Problem Gambling, Inc.
www.ncpgambling.org/

March 4 – 8

National School Breakfast Week

School Nutrition Association
www.schoolnutrition.org

March 5 – 11 (week before daylight savings time)

National Sleep Awareness Week

National Sleep Foundation
www.sleepfoundation.org

March 13 – 19

National Pulmonary Rehabilitation Week

American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

March 21 (third Thursday)

Companies that Care Day

Center for Companies that Care
www.companies-that-care.org/action/caredays

March 17 – 23

National Poison Prevention Week

Poison Prevention Council
www.poisonprevention.org

March 18 – 22

National Youth Violence Prevention Week

National Association of SAVE
www.nationalsave.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
or National Native American AIDS Prevention Center
www.nnaapc.org

March 27

Kick Butts Day

Campaign for Tobacco-Free Kids
www.tobaccofreekids.org

March 22

World Water Day

RC International Water and Sanitation Centre
www.unwater.org

March 26 (fourth Tuesday in March)

American Diabetes Alert Day

American Diabetes Association
www.diabetes.org

APRIL 2013

Celebrate World Health Day on April 7 by learning about health issues around the globe, and what you can do to help.

National Alcohol Awareness Month

SAMSHA's National Clearinghouse for Alcohol & Drug Information
www.ncadd.org

National Cancer Control Month

Contact your local chapter or
American Cancer Society
www.cancer.org



National Wellness Institute's 2013 Health & Wellness Observances Calendar

National Child Abuse Prevention Month

Prevent Child Abuse America
www.preventchildabuse.org
Child Welfare Information Gateway
Children's Bureau/ACYF
www.childwelfare.gov/preventing/preventionmonth/

National Counseling Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Donate Life Month

HRSA Information Center
www.organdonor.gov/

Stress Awareness Month

American Counseling Association (ACA)
www.counseling.org

National Humor Month

Association for Applied and Therapeutic Humor
www.aath.org

National Minority Health & Health Disparities Month

Office of Minority Health Resource Center
www.minorityhealth.hhs.gov

National Occupational Therapy Month

The American Occupational Therapy Association
www.aota.org

National STDs/Family Planning Awareness Month

American Social Health Association
www.ashastd.org/

Sexual Assault Awareness Month

National Sexual Violence Resource Center
www.nsvrc.org

Late February – Early April

Safe Spring Break Programming

The BACCHUS Network National Office
Association Task Force on Alcohol and Other Drugs
www.bacchusnetwork.org
American College Health Association
www.acha.org/index.cfm

April 1 – 7

National Public Health Week

American Public Health Association
www.apha.org

April 3 (first Wednesday of April)

International Children's Book Day

International Board on Books for Young People
Basel, Switzerland
www.ibby.org/index.php?id=269

April 3 (first Wednesday of April)

National Day of Hope

Childhelp USA National Hdqtrs
www.childhelpusa.org

April 5 – 7

Alcohol-Free Weekend

National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 7 – 13 (first full week)

National Week of the Ocean

National Week of the Ocean Website
www.national-week-of-the-ocean.org/

April 7 (annually on April 7)

World Health Day

World Health Organization
www.who.org or www.paho.org

April 10

Siblings Day

Siblings Day Foundation
www.siblingsday.org/bodyframe.htm

April 11

National Alcohol Screening Day

Screening for Mental Health, Inc.
www.mentalhealthscreening.org

April 14 – 20

National Library Week

American Library Association
www.ala.org



National Wellness Institute's 2013 Health & Wellness Observances Calendar

April 14 – 20

National Environmental Education Week (eeweeek)

National Environmental Education Foundation
www.eeweek.org

April 16

International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor
www.izzyg.com

April 16 (annually on April 16)

National Healthcare Decisions Day

www.nhdd.org

April 21 – 27 (third week of April)

National Volunteer Week

The Points of Light and Hands on Network
www.PointsofLight.org

April 15 – 21

Medical Fitness Week

Medical Fitness Association
www.medicalfitness.org

April 15 – 21

National Minority Cancer Awareness Week

National Cancer Institute
Public Inquiries Office
cancernet.nci.nih.gov

April 20-22

Global Youth Service Day

Youth Service America
www.ysa.org/gysd

April 21 – 28

National Infant Immunization Week

CDC, National Immunization Program
www.cdc.gov/vaccines/events/niiw

April 22

Earth Day

Earth Day Network
www.earthday.net

April 25 (fourth Thursday April)

Take Your Daughters and Sons to Work Day

Daughters And Sons To Work® Day
www.daughtersandsonstowork.org

April 26 (fourth Friday in April)

Remember Children Lost to Violence

Child Welfare League of America
www.cwla.org

MAY 2013

*During National Mental Health Month,
help to end the stigmas by encouraging
greater awareness and outreach.*

Asthma and Allergy Awareness Month

Allergy and Asthma Foundation of America
www.aafa.org or www.aanma.org

Better Sleep Month

The Better Sleep Council
www.bettersleep.org

Clean Air Month

Centers for Disease Control
www.cdc.gov/features/cleanairmonth

Correct Posture Month

American Chiropractic Association
Communications Department
www.amerchiro.org

Employee Health & Fitness Month

National Association for Health and Fitness, ACTIVE Life
www.healthandfitnessmonth.com

Healthy Vision Month/UV Safety

National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month

Hepatitis Foundation International
www.hepfi.org

Huntington's Disease Awareness Month

Huntington's Disease Society of America
www.hdsa.org

Lupus Awareness Month

Lupus Foundation of America, Inc.
www.lupus.org



National Wellness Institute's 2013 Health & Wellness Observances Calendar

National Arthritis Month

Arthritis Foundation
www.arthritis.org

National Bike Month

League of American Bicyclists
www.bikeleague.org

National High Blood Pressure Education Month

NHLBI Information Center
www.nhlbi.nih.gov

National Melanoma/Skin Cancer Awareness Month

American Academy of Dermatology
www.aad.org or
American Cancer Society
www.skincancer.org

National Mental Health Month

National Mental Health Association
www.nmha.org

National Osteoporosis Awareness Prevention Month

National Osteoporosis Foundation
www.nof.org

National Physical Fitness and Sports Month

President's Council on Fitness, Sports, and Nutrition
www.fitness.gov

National Stroke Awareness Month

National Stroke Association
www.stroke.org or
American Heart Association (National Center)
www.americanheart.org or contact your local AHA office

National Teen Pregnancy Prevention Month

Advocates for Youth
www.advocatesforyouth.org

National Tuberos Sclerosis Awareness Month

Tuberous Sclerosis Alliance
www.tsalliance.org

Older Americans Month

U.S. Dept. of Health and Human Services
Administration on Aging
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

May 1 (first Wednesday in May)

Project Aces Day

(All Children Exercise Simultaneously)

Youth Fitness Coalition, Inc.
www.projectaces.com

May 5 (first Saturday in May)

Join Hands Day: Youth and Adults Volunteering Together

Points of Light and Hands on Network
www.joinhandsday.org

May 6 – 12 (same dates each year)

National Nurses Week

American Nurses Association
www.nursingworld.org

May 5 – 11 (first full week in May)

International Building Safety Week

International Code Council Foundation
www.icc-foundation.org

May 5 – 11 (first full week in May)

Be Kind to Animals Week

Canadian Federation of Humane Societies
www.cfhs.ca

American Humane Association
www.americanhumane.org/

May 12 – 18 (Mother's Day week)

National Nursing Home Week

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

May 12 – 18 (Mother's Day week)

Women's Health Week

Office on Women's Health
Department of Health and Human Services
www.womenshealth.gov

May 6 – 10

National Hospital Week

American Hospital Association
www.aha.org



National Wellness Institute's
2013 Health & Wellness Observances Calendar

May 5 – 11 (first full week in May)
North American Occupational Safety and Health Week (NAOSH)

American Society of Safety Engineers
www.asse.org/naosh

May 8 (same date each year)
World Red Cross/Red Crescent Day

American Red Cross
Or contact your local chapter
www.redcross.org

May 11
World Fair Trade Day

World Fair Trade Association (WFTO)
www.wfto.org

May 12 (during National Nurses Week)
School Nurse Day

www.nasn.org

May 13 – 19
National Volunteer Week – Australia

The Center for Volunteering
www.volunteering.com.au/contact_us.asp

May 13 – 17 (third week in May)
Bike to Work Week

League of American Bicyclists
www.bikeleague.org

May 15 (third Wednesday)
National Employee Health and Fitness Day

National Association for Health and Fitness
www.physicalfitness.org

May 20
World Autoimmune Arthritis Day

International Autoimmune Arthritis Movement
www.worldautoimmunearthritisday.org

May 19 – 25 (last full week in May)
Older Americans Mental Health Week

Older Women's League
www.owl-national.org

May 29 (last Wednesday in May)
National Senior Health & Fitness Day

www.fitnessday.com

JUNE 2013

Hiking is a great way to get people moving and enjoying the outdoors. Organize a trail hike on June 1, or anytime this month!

(June & July)
Fireworks Safety Months

National Council on Fireworks Safety
www.fireworksafety.com

National Great Outdoors Month

American Recreation Coalition
www.funoutdoors.org

National Safety Month

National Safety Council
www.nsc.org

National Scleroderma Awareness Month

United Scleroderma Foundation, Inc.
www.scleroderma.org

June 1 – 7 (same each year)
National Headache Awareness Week

National Headache Foundation
www.headaches.org

June 1 (annually on June 1)
Stand for Children Day

www.stand.org

June 1 (first Saturday in June)

National Trails Day
American Hiking Society
www.americanhiking.org

June 2
National Cancer Survivors Day

National Cancer Survivors Day Foundation
www.ncsdf.org

June 5
World Environment Day

United Nations Environment Programme (UNEP)
www.unep.org/wed



National Wellness Institute's 2013 Health & Wellness Observances Calendar

June 9 (Second Sunday in June)

National Children's Day

www.nationalchildrensday.us

June 10 – 16 (ending with Father's Day)

National Men's Health Week

National Men's Health Network

www.menshealthweek.org

June 14 (same date each year)

World Blood Donor Day

www.wbdd.org

June 27 (same date each year)

National HIV Testing Day

National Association of People With AIDS

www.napwa.org

JULY 2103

Make plans to attend the National Wellness Conference this month! Expand your personal and professional wellness!

(June & July)

Fireworks Safety Months

National Council on Fireworks Safety

www.fireworksafety.com

Eye Injury Prevention Month

Federal Occupational Health

www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp

UV Safety Month

American Academy of Ophthalmology

www.aao.org

July 7 – 13 (second week in July)

National Therapeutic Recreation Week

NTRS - Branch of the National Park and Recreation Association

www.nrpa.org

July 14 – 20

Every Body Deserves a Massage Week

Associated Bodywork & Massage Professionals

www.abmp.com

AUGUST 2013

This month, support your local health centers and the impact they have on community health and wellness!

Cataract Awareness Month

American Academy of Ophthalmology

www.aao.org

Medic Alert Awareness Month

www.medicalert.org

National Breastfeeding Month

United States Breastfeeding Committee

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

National Immunization Awareness Month

Center for Disease Control & Prevention

www.cdc.gov/vaccines

Children's Eye Health and Safety Month

Prevent Blindness America

www.preventblindness.org

August 1 – 7

World Breastfeeding Week

La Leche League International

www.llli.org/

August 5 – 9 (second week in August)

National Health Center Week

National Association of Community Health Centers, Inc.

www.healthcenterweek.com

August 6

National Night Out

America's Night Out Against Crime

www.nationalnightout.org/nno/about.html

August 9

International Day of the World's Indigenous People

United Nations

www.unesco.org



SEPTEMBER 2013

*Invite a yoga instructor to your workplace
to demonstrate yoga's benefits for people
of all levels of ability.*

Alzheimer's Association Memory Walk (Fall Weekend)

Dates vary depending location. Contact your local Alzheimer's Association or visit 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

Baby Safety Awareness Month

Juvenile Product Manufacturers Association
www.jpma.org

BioDiversity Month

Dept. of the Environment and Heritage Australia
www.environment.gov.au/biodiversity

Childhood Cancer Awareness Month

CureSearch for Children's Cancer
www.curesearch.org

Fruit & Veggie Month

Fruits & Veggies More Matters
www.fruitsandveggiesmatter.gov
www.movingtothefuture.org

Healthy Aging™ Month

Healthy Aging Campaign
Educational Television Network, Inc.
www.healthyaging.net

Leukemia & Lymphoma Awareness Month

Leukemia and Lymphoma Society of America
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

National Childhood Obesity Awareness Month

President's Council on Fitness, Sports & Nutrition
www.fitness.gov

National Cholesterol Education Awareness Month

National Heart, Lung, & Blood Institute
hp2010.nhlbihin.net/cholmonth

National Food Safety Education Month

International Food Safety Council
National Restaurant Association
www.servsafe.com
Educational Foundation International Food Safety Council
www.foodsafety.gov

National Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition, Inc.
www.ovarian.org

National Menopause Awareness Month

North American Menopause Society
www.menopause.org

National Pain Awareness Month

American Pain Foundation
www.painfoundation.org

National Preparedness Month

Cosponsored by American Red Cross
www.redcross.org and
U.S. Dept of Homeland Security
www.ready.gov

National Sickle Cell Disease Awareness Month

Sickle Cell Disease Association of America, Inc.
www.sicklecelldisease.org

National Yoga Month

Yoga Health Foundation
www.yogamonth.org

Prostate Health Month

National Prostate Cancer Coalition
www.menshealthnetwork.org

Sports and Home Eye Safety Month

Prevent Blindness America
www.preventblindness.org



National Wellness Institute's 2013 Health & Wellness Observances Calendar

Whole Grains Month

The Whole Grains Council
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
Safe Kids Worldwide
<http://www.safekids.org/>

September 1 – 7 (first full week in September)

Suicide Prevention Week

American Association of Suicidology
www.suicidology.org

September 7 – 13

National Assisted Living Week

National Center for Assisted Living
www.nalw.org

September 7 (annually Sept. 7)

National Threatened Species Day

U.S. Headquarters, World Wildlife Fund (WWF)
www.worldwildlife.org

September 11

National Day of Service and Remembrance

www.911day.org/

September 15-21 (third week in September)

National Rehabilitation Week

National Rehabilitation Awareness Foundation
www.nraf-rehabnet.org/

September 15-21 (third week in September)

National Farm Safety and Health Week

National Educational Center for Agricultural Safety
www.nsc.org/necas

September 22 – 28 (last full week)

Active Aging Week

International Council on Active Aging
www.icaa.cc

September 19 (third Wednesday)

Backpack Awareness Day

The American Occupational Therapy Association
www.aota.org

September 17 (third Tuesday)

Take A Loved One to the Doctor Day

National Health Information Center
<http://drday.blackamericaweb.com/>

September 21 (Sept. 21 annually)

International Day of Peace

United Nations
www.un.org/en/events/peaceday/

September 25 (last Wednesday)

National Women's Health & Fitness Day

Health Information Resource Center
www.fitnessday.com/women

September 28 (last Saturday)

Family Health and Fitness Day USA

Health Information Resource Center
www.fitnessday.com/family

September 28 (last Saturday)

National Public Lands Day

National Public Lands Day
www.publiclandsday.org

OCTOBER 2013

*Lung health isn't just about not smoking.
Learn more about the occupational and
environmental factors tied to lung disease.*

Alzheimer's Association Memory Walk (Fall Weekend)

Dates vary depending on location. Contact your local Alzheimer's Association or visit
www.alz.org

American Heart Walk

Dates vary depending on your location.
American Heart Association
www.heartwalk.org

Auto Battery Safety Month

Prevent Blindness America
www.preventblindness.org

Eat Better, Eat Together Month

Washington State University
nutrition.wsu.edu/ebet/



National Wellness Institute's 2013 Health & Wellness Observances Calendar

Children's Health Month

Office of Children's Health Protection
U.S. Environmental Protection Agency
yosemite.epa.gov/o CHP/ochpweb.nsf/content/chm-home.htm

Domestic Violence Awareness Month

National Resource Center for Domestic Violence
www.nrcdv.org

Health Literacy Month

Health Literacy Consulting
www.healthliteracymonth.org

Healthy Babies Month

March of Dimes/Birth Defects Foundation
www.marchofdimes.com

Healthy Lung Month

American Lung Association
www.lungusa.org

National Breast Cancer Awareness Month

www.nbcam.org or
The Susan G. Komen Breast Cancer Foundation
www.komen.org

National Chiropractic Month

American Chiropractic Association
www.acatoday.org/NCHM

National Crime Prevention Month

National Crime Prevention Council
www.ncpc.org

National Dental Hygiene Month

American Dental Hygienists Association
www.adha.org/ndhm

National Depression and Mental Health Screening Month

Screening for Mental Health, Inc.
www.mentalhealthscreening.org

National Disability Employment Awareness Month

U.S. Dept. of Labor
www.dol.gov/

National Family Sexuality Education Month

Planned Parenthood Federation of America
www.plannedparenthood.org/

National Liver Awareness Month

American Liver Foundation
www.liverfoundation.org

National Physical Therapy Month

American Physical Therapy Association
www.apta.org

National Spina Bifida Month

Spina Bifida Association of America
www.sbaa.org

National Sudden Infant Death Syndrome (SIDS) Awareness Month

SIDS Alliance
www.sidsalliance.org

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

National Office of the US Fund for UNICEF
www.unicefusa.org

National Work and Family Month

Alliance for Work-Life Progress
www.awlp.org

Talk About Prescriptions Month

National Council on Patient Information and Education
www.talkaboutrx.org

Vegetarian Awareness Month

North American Vegetarian Society
www.worldvegetarianday.org

October 1 (annually same date)

International Day of Older Persons

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

October 1 (first Monday in October)

Child Health Day

U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 1 (first Monday in October)

World Habitat Day

UN Habitat www.unhabitat.org/

October 9

International Walk-to-School Day

National Center for Safe Routes to School
www.walktoschool.org



National Wellness Institute's 2013 Health & Wellness Observances Calendar

October 6 – 12 (first full week in October)
National Mental Illness Awareness Week

American Psychiatric Association
www.healthyminds.org

NAMI – National Alliance on Mental Illness
www.nami.org/miaw

October 7 – 13 (Week including October 9 – Chicago Fire)
National Fire Prevention Week

National Fire Protection Association
www.nfpa.org

October 10 (always October 10)
World Mental Health Day

World Federation for Mental Health
www.wfmh.org

October 10 (always October 10)
Put the Brakes on Fatalities Day

www.brakesonfatalities.org

October 13 – 19 (second full week)
National School Lunch Week

School Nutrition Association
www.schoolnutrition.org

October 17 (always October 17)
International Day for the Eradication of Poverty

United Nations
www.un.org/depts/dhl/poverty

October 20 (same date annually)
World Osteoporosis Day

International Osteoporosis Foundation
www.worldosteoporosisday.org

October 20 – 26 (third full week in October)
International Infection Prevention Week

Association for Professionals in Infection Control and Epidemiology, Inc. www.apic.org

October 20-26 (third week in October)
National Health Education Week

Society for Public Health Education
www.sophe.org

October 20 – 26 (third week in October)
National Healthcare Quality Week

National Association for Healthcare Quality
www.nahq.org/

October 20 – 26 (third week)
Make Your Mark Week

GenerationOn Kids Care Clubs
www.kidscare.org/about/kidsCareWeek

October 20 – 26 (third week)
National Consultant & Senior Care Pharmacists Week

American Society of Consultant Pharmacists
www.ascp.com

October 20 – 26 (last full week Oct)
National Respiratory Care Week

American Association for Respiratory Care
www.aarc.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

October 24 (same date annually)
Food Day

Center for Science in the Public Interest
www.foodday.org

October 24 (same date annually)
Take Back Your Time Day

The Simplicity Forum
www.timeday.org/

October 30 (Wed of last week)
Lung Health Day

American Association for Respiratory Care
www.aarc.org

October 26 (fourth Sat in Oct)
Make a Difference Day

www.makeadifferenceday.com



NOVEMBER 2013

Educate yourself and others on the risks of diabetes, and how to reduce them with diet, exercise, and other treatment options.

American Diabetes Month

American Diabetes Association
www.diabetes.org

Native American Heritage Month

Indian Health Service (HQ)
www.ihs.gov/index.cfm
nativeamericanheritagemonth.gov/

Diabetic Eye Disease Month

Prevent Blindness America
www.preventblindness.org

Great American Smokeout Month

American Cancer Society
www.cancer.org

National Alzheimer's Disease Awareness Month

Alzheimer's Disease and Related Disorders Association
www.alz.org

National Child Mental Health Month

c/o New York University Child Study Center
www.aboutourkids.org

National Epilepsy Awareness Month

Epilepsy Foundation of America
www.efa.org

National Family Caregivers Month

National Family Caregivers Association
www.nfcacares.org

National Healthy Skin Month

American Academy of Dermatology
www.aad.org

National Home Care Month

National Association for Home Care & Hospice
www.nahc.org

National Hospice Month

National Hospice and Palliative Care Organization
www.nhpco.org

Pancreatic Cancer Awareness Month

Pancreatic Cancer Action Network
www.pancan.org

Prematurity Awareness Month

March of Dimes Birth Defects Foundation
www.marchofdimes.com

November 17 – 23 (week before Thanksgiving)

American Education Week

National Education Association
www.nea.org

November 13

World Kindness Day

www.worldkindness.org.sg

November 14 (always Nov 14)

World Diabetes Day

International Diabetes Federation
www.worlddiabetesday.org

November 15 (always Nov 15)

National Philanthropy Day

Association of Fundraising Professionals
www.NationalPhilanthropyDay.net

November 15 (always Nov 15)

America Recycles Day

National Recycling Coalition, Inc.
www.americarecyclesday.org

November 21 (third Thursday)

Great American Smokeout

American Cancer Society
www.cancer.org

November 23

International Survivors of Suicide Day

American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday



National Wellness Institute's 2013 Health & Wellness Observances Calendar

November 21 – January 1
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.org

November 22 (always Thanksgiving Day)
National Family Health History Day
U.S. Dept. of Health and Human Services
www.hhs.gov/familyhistory/

DECEMBER 2013

Consider healthy holiday gifts like yoga lessons, new pedometer, or a health journal. Good health is always in style!

International AIDS Awareness Month
International HIV/AIDS Alliance
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

December 1 (annually)
World AIDS Day
World AIDS Campaign
www.worldaidscampaign.org

December 1 – 7 (First full week of Dec)
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

December 1 – 7 (First full week of Dec)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 1 – 7
National Influenza Vaccination Week
www.cdc.gov/flu/nivw/

December 5
International Volunteer Day
United Nations Volunteers
www.unv.org
www.worldvolunteerweb.org

December 10 (annually)
Human Rights Day
United Nations Human Rights
www.ohchr.org

NWI 2013 Health & Wellness Observances Calendar

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