2015 Health & Wellness Observances Calendar

Presented by the

JANUARY 2015

Blood banks are always in need of donations during the holidays and winter months. Celebrate National Blood Donor Month by organizing a blood drive in your community.

Cervical Health Awareness Month
National Cervical Cancer Coalition
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
www.aabb.org
or
American Red Cross
www.redcross.org

National Glaucoma Awareness Month
Glaucoma Research Foundation
www.glaucoma.org

January 4–10
National Folic Acid Awareness Week
National Council on Folic Acid
folicacidinfo.org

January 18–24 (third week of January)
Healthy Weight Week
Healthy Weight Network
www.healthyweightnetwork.com

January 25–31
National Certified Nurse Anesthetists Week
American Association of Nurse Anesthetists
www.aana.com

January 19 (Martin Luther King Day)
King Day of Service
Corporation for National and Community Service
www.mlkday.gov

©National Wellness Institute, Inc.
NationalWellness.org

FEBRUARY 2015

Start off Random Acts of Kindness week with a few thoughtful gestures on Monday and see how the kindness spreads throughout the week—and hopefully all year-long!

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

Wise Health Consumer Month
American Institute for Preventive Medicine
www.healthylife.com

February 4 (First Wednesday in February)
National Girls & Women in Sports Day
Women's Sports Foundation
www.womenssportsfoundation.org/en/home/advocate/ngwsd

February 6
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

February 8 – 14
National Cardiac Rehabilitation Week
AACVPR Office
www.aacvpr.org

February 9 – 15
Random Acts of Kindness Week
Random Acts of Kindness Foundation
www.randomactsofkindness.org

February 14 (Valentine's Day)
National Condom Awareness Day
www.ashastd.org

February 22 (Same date each year)
World Thinking Day
World Association of Girl Guides and Girl Scouts
www.worldthinkingday.org

February 22 – 28
National Eating Disorders Awareness Week
National Eating Disorders Association
www.nationaleatingdisorders.org

©National Wellness Institute, Inc.

MARCH 2015

Gambling addiction can affect almost anyone, with many suffering in secret. Sharing support and recovery resources this month may help someone take that first step.

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

National Professional Social Work Month
National Association of Social Workers
www.socialworkers.org

Save Your Vision Month
American Optometric Association
www.aoa.org

Workplace Eye Health and Safety Month
Prevent Blindness America
www.preventblindness.org

National Athletic Training Month
National Athletic Training Association
www.nata.org

March 1 – 7
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

March 2 – 8 (week before daylight savings time**)**
National Sleep Awareness Week
National Sleep Foundation
www.sleepfoundation.org

March 2 – 6
National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

March 8 – 14
National Pulmonary Rehabilitation Week
American Association of Cardiovascular and Pulmonary Rehabilitation
www.aacvpr.org

March 15 – 21
National Poison Prevention Week
Poison Prevention Council
www.poisonprevention.org

March 18
Kick Butts Day
Campaign for Tobacco–Free Kids
www.kickbuttsday.org

March 20
National Native HIV/AIDS Awareness Day
National Native American AIDS Prevention Center
www.nnaapc.org

March 22 (same date each year)
World Water Day
UN Water
www.unwater.org

March 23-27
National Youth Violence Prevention Week
National Association of SAVE
www.nationalsave.org

March 24 (fourth Tuesday in March)
American Diabetes Alert Day
American Diabetes Association
www.diabetes.org

©National Wellness Institute, Inc.
NationalWellness.org

APRIL 2015

This month, learn about the disparities that occur within minority populations and what can be done to ensure everyone has equal opportunities to lead a healthy, well life!

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

National Autism Awareness Month
Autism Society
www.autism-society.org

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

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

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
Centers for Disease Control and Prevention
www.cdd.org/features/stdawareness

Sexual Assault Awareness Month
National Sexual Violence Rhhesource Center
www.nsvrc.org

Women's Eye Health and Safety Month
Prevent Blindness America
www.preventblindness.org

April 1 (first Wednesday of April)
National Day of Hope
Childhelp
www.childhelp.org

April 3 – **5** (first weekend in April)
Alcohol-Free Weekend
National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org

April 6 – 12
National Public Health Week
American Public Health Association
www.nphw.org

April 7 (same date each year)
World Health Day
World Health Organization
www.who.org or www.paho.org

April 9
National Alcohol Screening Day
Screening for Mental Health, Inc.
www.mentalhealthscreening.org

APRIL CONTINUED >

©National Wellness Institute, Inc.
NationalWellness.org

April 12 – 18
National Library Week
American Library Association
www.ala.org

April 12 – 18 (third week of April)
National Volunteer Week
The Points of Light and Hands on Network
www.PointsofLight.org

April 17 – 19
Global Youth Service Day
Youth Service America
www.gysd.org

April 19 – 25
National Environmental Education Week (eeweek)
National Environmental Education Foundation
www.eeweek.org

April 14
International Moment of Laughter Day
Izzy Gesell, Wide Angle Humor
www.izzyg.com

April 16 (same date annually)
National Healthcare Decisions Day
www.nhdd.org

April 18 – April 25
National Infant Immunization Week
CDC, National Immunization Program
www.cdc.gov/vaccines/events/niiw/index.html

April 20 – 26
Medical Fitness Week
Medical Fitness Association
www.medicalfitness.org

April 22
Earth Day
Earth Day Network
www.earthday.net

April 23 (fourth Thursday April)
Take Your Daughters and Sons to Work Day
Daughters And Sons To Work® Day
www.daughtersandsonstowork.org

©National Wellness Institute, Inc.

MAY 2015

National Mental Health Month is a great opportunity to work toward eliminating the stigma of mental illness through education, screenings, awareness, and support.

Asthma and Allergy Awareness Month
Allergy and Asthma Foundation of America
www.aafa.org

Better Sleep Month
The Better Sleep Council
www.bettersleep.org

Building Safety Month
International Code Council
www.iccsafe.org

Correct Posture Month
American Chiropractic Association
Communications Department
www.acatoday.org

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

Healthy Vision Month
National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month
American Liver Foundation
www.liverfoundation.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 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 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

National Teen Pregnancy Prevention Month
Advocates for Youth
www.advocatesforyouth.org

Older Americans Month
U.S. Dept. of Health and Human Services
Administration for Community Living
www.acl.gov

May 1 – 7 (same dates annually)
National Physical Education and Sports Week
National Association for Sport and Physical Education
www.shapeamerica.org

May 3 – 9 (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 CONTINUED >

©National Wellness Institute, Inc.
NationalWellness.org

May 3 – 9 (first full week in May)
North American Occupational Safety and Health Week (NAOSH)
American Society of Safety Engineers
www.asse.org/naosh

May 6 – 12 (same dates each year)
National Nurses Week
American Nurses Association
www.nursingworld.org

May 6 (first Wednesday in May)
Project Aces Day
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com

May 6 (Wendesday during National Nurses Week)
School Nurse Day
www.nasn.org

May 8 (same date annually)
World Red Cross/Red Crescent Day
American Red Cross
www.redcross.org

May 9
World Fair Trade Day
World Fair Trade Association (WFTO)
www.wfto.com

May 10 – 16 (Mother's Day week)
National Nursing Home Week
American Health Care Association
http://www.nnhw.org

May 10 – 16 (Mother's Day week)
Women's Health Week
Office on Women's Health
Department of Health and Human Services
http://www.cdc.gov/women/

May 11 – 17
(week of Florence Nightengale's birthday, May 12)
National Hospital and Healthcare Week
American Hospital Association
www.aha.org

May 11 – 17
National Volunteer Week – Australia
Volunteering Australia
www.volunteeringaustralia.org

May 11 – 15
Bike to Work Week
(Bike to Work Day: May 15)
League of American Bicyclists
www.bikeleague.org

May 20
World Autoimmune Arthritis Day
The International Foundation for Autoimmune Arthritis
www.ifautoimmunearthritis.org

May 27 (last Wednesday in May)
National Senior Health & Fitness Day
www.fitnessday.com

©National Wellness Institute, Inc.
NationalWellness.org

JUNE 2015

Join hundreds of health and wellness professionals at the 40th Annual National Wellness Conference in Minneapolis this month!

(June & July)
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworksafety.com

Cataract Awareness Month
Prevent Blindness America
www.preventblindness.org

National Great Outdoors Month
American Recreation Coalition
www.greatoutdoorsmonth.org

National Safety Month
National Safety Council
www.nsc.org

National Scleroderma Awareness Month
United Scleroderma Foundation, Inc.
www.scleroderma.org

Migraine and Headache Awareness Month
National Headache Foundation
www.headaches.org

June 5
World Environment Day
United Nations Environment Programme (UNEP)
www.unep.org/wed

June 6 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org

June 7
National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncsdf.org

June 14 (second Sunday in June)
National Children's Day
www.nationalchildrensday.us

June 15 – 21 (ending with Father's Day**)**
National Men's Health Week
National Men's Health Network
www.menshealthweek.org

June 14 (same date annually)
World Blood Donor Day
www.who.int/world-blood-donor-day

June 15 – 18 (Pre-Conferences starts June 13)
40th Annual National Wellness Conference
National Wellness Institute, Inc.
Minneapolis, MN
www.nationalwellness.org/Conference

June 27 (same date annually)
National HIV Testing Day
AIDS.gov
www.aids.gov

©National Wellness Institute, Inc.

JULY 2015

Fireworks celebrations can go from awesome to tragic very quickly.
Share tips for keeping everyone celebrating safe this month!

June & July
Fireworks Safety Months
National Council on Fireworks Safety
www.fireworkssafety.org

Eye Injury Prevention Month
Federal Occupational Health
www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp

National Park and Recreation Month
National Recreation and Park Association
www.nrpa.org

UV Safety Month
American Academy of Ophthalmology
www.aao.org

July 12 – 18
Every Body Deserves a Massage Week
Associated Bodywork & Massage Professionals
www.abmp.com

AUGUST 2015

This month, encourage employers to provide working mothers with access to comfortable and private lactation rooms, refrigeration space, and flexible scheduling.

Children's Eye Health and Safety Month
American Academy of Ophthalmology
www.aao.org

Medic Alert Awareness Month
www.medicalert.org

National Breastfeeding Month
United States Breastfeeding Committee
www.usbreastfeeding.org/

National Immunization Awareness Month
Center for Disease Control & Prevention
www.cdc.gov/vaccines

August 1 – 7 (same dates annually)
World Breastfeeding Week
La Leche League International
www.llli.org/

August 4
National Night Out
National Association of Town Watch
www.natw.org

August 9 – 15 (second week in August)
National Health Center Week
National Association of Community Health Centers, Inc.
www.healthcenterweek.com

August 9
International Day of the World's Indigenous People
United Nations
www.unesco.org

©National Wellness Institute, Inc.

SEPTEMBER 2015

Take advantage of one of the many free classes offered as part of National Yoga Month to learn more about the varied physical, mental, and spiritual benefits of yoga.

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

Blood Cancer Awareness Month
Leukemia and Lymphoma Society of America
www.lls.org

Childhood Cancer Awareness Month
CureSearch for Children's Cancer
www.curesearch.org

Fruit & Veggies More Matters Month
Fruits & Veggies More Matters
www.fruitsandveggiesmorematter.gov

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

National 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
www.cdc.gov/features/cholesterolawareness/

National Food Safety Education Month
National Restaurant Association Education Foundation
www.foodsafetymonth.com

National Ovarian Cancer Awareness Month
National Ovarian Cancer Coalition, Inc.
www.ovariancancerawareness.org

National Menopause Awareness Month
North American Menopause Society
www.menopause.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
Prostate Cancer Foundation
www.pcf.org

Sports and Home Eye Safety Month
Prevent Blindness America
www.preventblindness.org

Whole Grains Month
The Whole Grains Council
www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september

SEPTEMBER CONTINUED >

©National Wellness Institute, Inc.

September 1 – 7 (same date annually)
National Childhood Injury Prevention Week
The American Academy of Pediatrics
www.healthychildren.org
Safe Kids Worldwide
www.safekids.org/

September 7 – 13
Suicide Prevention Week
American Association of Suicidology
www.suicidology.org

September 11
National Day of Service and Remembrance
www. 911day.org/

September 13 – 19
National Assisted Living Week
National Center for Assisted Living
www.nalw.org

September 16 (third Wednesday)
Backpack Awareness Day
The American Occupational Therapy Association
www.aota.org

September 20 – 26 (third week in September)
National Rehabilitation Week
National Rehabilitation Awareness Foundation
www.nraf–rehabnet.org/

September 20 – 26 (third week in September)
National Farm Safety and Health Week
National Educational Center for Agricultural Safety
www.nsc.org/necas

September 21 (same date annually)
International Day of Peace
United Nations
www.un.org/en/events/peaceday/

September 27 – October 3 (last week in September)
Active Aging Week
International Council on Active Aging
www.icaa.cc

September 26 (last Saturday)
Family Health and Fitness Day USA
Health Information Resource Center
www.fitnessday.com/family

September 26 (last Saturday)
National Public Lands Day
National Public Lands Day
www.publiclandsday.org

September 30 (last Wednesday)
National Women's Health & Fitness Day
Health Information Resource Center
www.fitnessday.com/women

©National Wellness Institute, Inc.
NationalWellness.org

OCTOBER 2015

With so many food-related observances this month, it is the perfect time to take a good look at what we eat, not only for our health, but also for the health of the planet.

Alzheimer's Association Memory Walk (Fall Weekend)
Dates vary depending 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
http://nutrition.wsu.edu/ETEB/

Children's Health Month
Office of Children's Health Protection
U.S. Environmental Protection Agency
www2.epa.gov/children/childrens-health-month

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
National Breast Cancer Foundation
www.nationalbreastcancer.org

National Bullying Prevention Month
PACER's National Bullying Prevention Center
www.pacer.org/bullying/

National Chiropractic Month
American Chiropractic Association
www.acatoday.org

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/odep

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 Awareness 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

OCTOBER CONTINUED >

©National Wellness Institute, Inc.

National Work and Family Month
Alliance for Work–Life Progress
www.awlp.org

Talk About Your Medicines 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 4 – 10 (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 4 – 10 (week including October 9 – Chicago Fire)
National Fire Prevention Week
National Fire Protection Association
www.nfpa.org

October 5 (first Monday in October)
Child Health Day
U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 5 (first Monday in October)
World Habitat Day
UN Habitat www.unhabitat.org/

October 7
International Walk–to–School Day
National Center for Safe Routes to School
www.walktoschool.org

October 10 (always October 10)
World Mental Health Day
World Federation for Mental Health
www.wfmh.org

October 10 (same date annually)
Put the Brakes on Fatalities Day
www.brakesonfatalities.org

October 12 – 16 (second full week)
National School Lunch Week
School Nutrition Association
www.schoolnutrition.org

October 13 – 16 (week of Columbus Day)
National Consultant Pharmacy Week
American Society of Consultant Pharmacists
www.ascp.com

October 17 (same date annually)
International Day for the Eradication of Poverty
United Nations
www.un.org/en/events/povertyday/

October 18 – 24 (third full week in October)
International Infection Prevention Week
Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 18 – 24 (third week in October)
National Health Education Week
Society for Public Health Education
www.sophe.org/NHEW.cfm

October 18 – 24 (third week in October)
National Healthcare Quality Week
National Association for Healthcare Quality
www.nahq.org/

October 20 (same date annually)
World Osteoporosis Day
International Osteoporosis Foundation
www.worldosteoporosisday.org

October 23 – 31 (same dates annually)
National Red Ribbon Celebration/
National Plant the Promise Week
(Campaign to keep kids off drugs)
National Family Partnership at
www.nfp.org

October 24 (same date annually)
Food Day
Center for Science in the Public Interest
www.foodday.org

October 24 (fourth Saturday in October)
Make a Difference Day
www.makeadifferenceday.com

October 25 – 31 (last full week October)
National Respiratory Care Week
American Association for Respiratory Care
www.aarc.org

©National Wellness Institute, Inc.
NationalWellness.org

NOVEMBER 2015

Those who care for family members may often neglect their own health in the process. During National Family Caregivers Month, look for ways to provide support and resources to those caring for others.

American Diabetes Month
American Diabetes Association
www.diabetes.org

Native American Heritage Month
Indian Health Service (HQ)
www.ihs.gov/index.cfm
http://nativeamericanheritagemonth.gov/

Diabetic Eye Disease Month
Prevent Blindness America
www.preventblindness.org

Great American Smokeout Month
American Cancer Society
www.cancer.org

Lung Cancer Awareness Month
American Cancer Society
www.cancer.org

National Alzheimer's Disease Awareness Month
Alzheimer's Disease and Related Disorders Association
www.alz.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 and Palliative Care 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 13
World Pneumonia Day
www.worldpneumoniaday.org

November 13
World Kindness Day
Random Acts of Kindness
www.randomactsofkindness.org

November 14 (same date annually)
World Diabetes Day
International Diabetes Federation
www.worlddiabetesday.org

November 15 (same date annually)
National Philanthropy Day
Association of Fundraising Professionals
www.npdlove.com

November 15 (same date annually)
America Recycles Day
National Recycling Coalition, Inc.
www.americarecyclesday.org

November 16 – 20 (week before Thanksgiving)
American Education Week
National Education Association
www.nea.org

November 19 (third Thursday)
Great American Smokeout
American Cancer Society
www.cancer.org

November 21 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
www.afsp.org/survivorday

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

November 27 – January 1
(U.S. Thanksgiving - New Year's Day)
Tie One On For Safety Campaign
Mothers Against Drunk Driving (MADD)
www.madd.org

©National Wellness Institute, Inc.
NationalWellness.org

DECEMBER 2015

With all the holiday parties and celebrations this month, drunk driving accidents increase dramatically. Give the gift of a safe ride home and ensure everyone has a happy and healthy New Year.

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 (same date annually)
World AIDS Day
AIDS.gov
www.aids.gov

December 5 (same date annually)
International Volunteer Day
United Nations Volunteers
www.unv.org
www.worldvolunteerweb.org

December 6 – 12 (first full week of December)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 6 – 12
National Influenza Vaccination Week
www.cdc.gov/flu/nivw/

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

NWI 2015 Health & Wellness Observances Calendar
published by:
National Wellness Institute, Inc.
PO Box 827, Stevens Point, WI 54481–0827
715.342.2969
nwi@nationalwellness.org • NationalWellness.org

Information is published as a service and NWI may not be held responsible for misprints, changes in dates, or general errors in processing. Please contact NWI with any corrections. **Last updated: November 21, 2014**

©National Wellness Institute, Inc.
NationalWellness.org