

Sample Worksite Wellness Calendar

Date	Focus / Observance	Activity / Event
1st Quarter Theme: EAT WELL		
January	Know Your Numbers	"Know Your Numbers"
February	American Heart Month	"Enjoy Healthy Snacks"
March	National Nutrition Month	"Eat 5-A-Day Every Day"
2nd Quarter Theme: TAKE CARE OF YOURSELF		
April	Distracted Driving Awareness Month	"Drive Safe - Save Lives"
May	Better Sleep Month	"Sleep Well"
June	National Great Outdoors Month	"Smell the Roses"
3rd Quarter Theme: MOVE MORE		
July	Exercise	"Do the Noon Walk"
August	Hydration	"Keep Hydrated"
September	Exercise	"Complete an Aerobic Mile-Per-Day"
4th Quarter Theme: MANAGE STRESS		
October	World Smile Day	"Wear a Smile"
November	Stress Relief	"Stretch"
December	Emotional Wellbeing	"Express Gratitude"

Calendar of Health Observances

Date	Event	Link to Resources
January		
Month of January	<i>Cervical Health Awareness Month</i>	http://www.healthfinder.gov/NHO/JanuaryToolkit.aspx
Month of January	<i>National Blood Donor Month</i>	http://www.redcross.org/news/article/January-is-National-Blood-Donor-Month
Month of January	<i>National Glaucoma Awareness Month</i>	http://www.glaucoma.org/news/glaucoma-awareness-month.php
Week in January	<i>Healthy Weight Week</i>	http://www.healthyweight.net/hww.htm - hww
February		
Month of February	<i>American Heart Month</i>	http://www.cdc.gov/features/heartmonth/
Month of February	<i>CDC's "28 Days to a Healthier Heart"</i>	http://www.cdc.gov/salt/healthy_heart_tips.htm
Month of February	<i>National Wise Health Care Consumer Month</i>	http://www.aipm.net/wise/
February 1st	<i>American Heart Association's 'National Wear Red Day'</i>	https://www.goredforwomen.org/home/get-involved/national-wear-red-day/
February 14th	<i>National Donor Day</i>	http://organdonor.gov/materialsresources/materialsntlevents.html
March		
Month of March	<i>National Colorectal Cancer Awareness Month</i>	http://www.ccalliance.org/awareness_month/
Month of March	<i>American Heart Association's "Power to End Stroke" Challenge</i>	http://powertoendstroke.org
Month of March	<i>National Nutrition Month</i>	http://www.eatright.org/NNM/#.UmEhwBYfDcY
Month of March	<i>Save Your Vision Month</i>	http://www.healthstatus.com/health_blog/eyes-contacts-lasik/make-the-most-of-save-your-vision-month/
Month of March	<i>Workplace Eye Wellness Month</i>	http://safeaholic.wordpress.com/2013/03/08/keep-your-eye-on-safety-march-is-workplace-eye-wellness-month/
Week in March	<i>National Sleep Awareness Week</i>	http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6208a5.htm
Week in March	<i>Brain Awareness Week</i>	http://www.sfn.org/baw/
Day in March	<i>American Diabetes Association Alert Day</i>	http://www.diabetes.org/in-my-community/programs/alert-day/
April		
Month of April	<i>Alcohol Awareness Month</i>	http://www.cdc.gov/features/alcoholawareness/
Month of April	<i>National Distracted Driving Awareness Month</i>	http://www.nsc.org/safety_road/Distracted_Driving/Pages/DDAM.aspx
Month of April	<i>National Donate Life Month</i>	http://donatelife.net/ndlm2013/
Month of April	<i>Stress Awareness Month</i>	http://www.amerihealth.com/worksite_wellness/employer_toolkits/stress_awareness.html
Month of April	<i>National Humor Month</i>	http://www.humormonth.com
Month of April	<i>World Foot Health Awareness Month</i>	http://www.fip-iffp.org/index.php?option=com_content&view=article&id=94:wfhm&catid=2:uncategorised

Date	Event	Link to Resources
April continued		
1st Week in April	National Public Health Week	http://www.nphw.org
1st Wednesday in April	American Heart Association's "National Walking Day"	http://www.startwalkingnow.org/about_start_walking_day.jsp
Weekend in April	Alcohol-Free Weekend	http://www.ncadd.org/index.php/for-the-media/press-releases-a-news-articles/608-ncadd-announces-alcohol-free-weekend-april-5-7-2013
April 7th	World Health Day	http://www.who.int/campaigns/world-health-day/2014/event/en/index.html
Thursday, in the 1st Full Week of April	National Alcohol Screening Day	http://mentalhealthscreening.org/events/national-alcohol-screening-day.aspx
Day in April	International Moment of Laughter Day	http://www.izzyg.com/content/International Moment of Laughter April 14th/1002
Week in April	National Volunteer Week	http://www.pointsoflight.org/signature-events/national-volunteer-week
April 22nd	Earth Day	http://www.earthday.org/earth-day-history-movement
April 29th	International Dance Day	http://www.international-dance-day.org/en/danceday.html
Last Thursday in April	Pay It Forward Day	http://payitforwardday.com
Day in April	Take Our Daughters and Sons to Work Day	http://www.daughtersandsonstowork.org/wmspage.cfm?parm1=936
May		
Month of May	Better Sleep Month	http://www.wikihow.com/Observe-Better-Sleep-Month
Month of May	Global Employee Health & Fitness Month	http://www.healthandfitnessmonth.com
Month of May	National Asthma and Allergy Awareness Month	http://www.aafa.org/display.cfm?ID=5&Sub=105&Cont=457
Month of May	National Physical Fitness & Sports Month	http://healthfinder.gov/NHO/MayToolkit.aspx
Month of May	Arthritis Awareness Month	http://www.arthritis.org/arthritis-awareness-month.php
Month of May	Better Hearing and Speech Month	http://www.asha.org/bhsm/
Month of May	Healthy Vision Month	http://www.nei.nih.gov/hvm/about/
Month of May	National Melanoma Skin Cancer Detection and Prevention Month	http://healthfinder.gov/NHO/MayToolkit2.aspx
Month of May	Mental Health Month	http://www.mentalhealthamerica.net/go/may
Month of May	National High Blood Pressure Education Month	http://www.nhlbi.nih.gov
Month of May	International Mediterranean Diet Month	http://oldwayspt.org/programs/mediterranean-foods-alliance/national-mediterranean-diet-month
Month of May	National Osteoporosis Awareness and Prevention Month	http://nof.org/awareness/may-awareprevention
Month of May	National Bike Month	http://www.bikeleague.org/content/national-bike-month
Month of May	National Stroke Awareness Month	http://www.stroke.org/site/PageServer?pagename=awareness
Month of May	National Employee Wellness Month	http://www.nationalemployeewellnessmonth.com

Date	Event	Link to Resources
May continued		
1st Saturday in May	Join Hands Day: Youth and Adults Volunteering Together	http://fraternalalliance.org/join-hands-day/what-is-join-hands-day/
1st Full Week of May	North American Occupational Safety & Health Week	http://www.foh.hhs.gov/calendar/naosh.html
1st Full Week of May	Be Kind to Animals Week	http://behumane.org/component/content/article/2-uncategorised/82-be-kind-to-animals
1st Monday in May	Melanoma Monday	http://www.aad.org/spot-skin-cancer/what-we-do/melanoma-monday/spot-orange-on-melanoma-monday-social-media-toolkit
May 5th	SAVE LIVES: Clean Your Hands	http://www.who.int/gpsc/5may/en/
2nd Sunday in May	Mother's Day	http://www.timeanddate.com/holidays/us/mothers-day
May Week - Begins with Mother's Day	Women's Health Week	http://womenshealth.gov/nwhw/
1st Full Week of May	National Anxiety and Depression Awareness Week	http://www.freedomfromfear.org/NationalAnxietyandDepressionAwarenessWeek.en.html
Monday after Mother's Day	National Women's Check-Up Day	http://womenshealth.gov/nwhw/check-up-day/
3rd Week of May	National Bike to Work Week	http://www.bikeleague.org/content/bike-month-dates-events-0
3rd Wednesday in May	National Employee Health and Fitness Day	http://www.examiner.com/article/ideas-for-national-employee-health-and-fitness-day
May 31st	World No Tobacco Day	http://www.who.int/tobacco/wntd/en/
June		
Month of June	Men's Health Month	http://www.menshealthmonth.org
Month of June	National Safety Month	http://www.nsc.org/nsc_events/Nat_Safe_Month/Pages/home.aspx?utm_medium=print&utm_source=vanurl&utm_campaign=NSM
Month of June	National Great Outdoors Month	http://www.funoutdoors.com/node/view/2944
1st Wednesday of June	National Running Day	http://www.active.com/running/articles/lace-up-and-get-moving-on-national-running-day
1st Week of June	National Sun Safety Week	www.sunsafetyalliance.org
June 5th	World Environment Day	http://www.unep.org/wed
Week Leading Up To Father's Day	National Men's Health Week	http://www.menshealthmonth.org/week/index.html
June 14th	World Blood Donor Day	http://www.who.int/campaigns/world-blood-donor-day/2013/en/index.html
3rd Sunday of June	Father's Day	http://www.who.int/campaigns/world-blood-donor-day/2013/en/index.html
July		
Month of July	UV Safety Month	http://healthfinder.gov/nho/JulyToolkit.aspx
August		
Month of August	National Immunization Awareness Month	http://healthfinder.gov/nho/AugustToolkit.aspx

Date	Event	Link to Resources
September		
Month of September	<i>Fruit and Veggies - More Matters Month</i>	http://www.fruitsandveggiesmorematters.org/September+is+Fruits+%26+Veggies--More+Matters+Month
Month of September	<i>Healthy Aging Month</i>	http://www.healthyaging.net/events.htm
Month of September	<i>National Cholesterol Education Month</i>	http://www.cdc.gov/features/cholesterolawareness/
Month of September	<i>National Preparedness Month</i>	http://www.ready.gov
Month of September	<i>Ovarian Cancer Awareness Month</i>	www.ovarian.org/september-awareness.php
Month of September	<i>Prostate Cancer Awareness Month</i>	http://www.zerocancer.org
Month of September	<i>Whole Grains Month</i>	http://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september
Month of September	<i>Leukemia, Lymphoma and Myeloma Awareness Month</i>	www.lls.org
3rd Tuesday in September	<i>American Public Health Association's "Get Ready Day"</i>	http://www.getreadyforflu.org/getreadyday/index.htm
Last Wednesday in September	<i>National Women's Health & Fitness Day</i>	http://www.fitnessday.com/women/
Last Saturday in September	<i>Family Health & Fitness Day USA</i>	http://www.fitnessday.com/family/
October		
Month of October	<i>National Breast Cancer Awareness Month</i>	http://healthfinder.gov/nho/OctoberToolkit.aspx
Month of October	<i>Health Literacy Month</i>	http://www.healthliteracymonth.org
Month of October	<i>National Dental Hygiene Month</i>	http://www.adha.org/national-dental-hygiene-month
October 1st	<i>World Vegetarian Day</i>	http://www.worldvegetarianday.org
1st Friday in October	<i>World Smile Day</i>	http://www.worldsmileday.com
Week in Early October	<i>Drive Safely Work Week</i>	http://trafficsafety.org/drivesafelyworkweek/
1st Full Week in October	<i>Mental Illness Awareness Week</i>	http://www.nami.org/template.cfm?section=mental_illness_awareness_week
October 10th	<i>World Mental Health Day</i>	http://www.who.int/mental_health/world-mental-health-day/en/index.html
October 15th	<i>Global Handwashing Day</i>	http://globalhandwashing.org/ghw-day
October 16th	<i>World Food Day</i>	http://www.fao.org/getinvolved/worldfoodday/home/en/
2nd Wednesday in October	<i>Stop America's Violence Everywhere (SAVE) Today</i>	http://alliancehq.org/healthy-communities/stop-americas-violence-everywhere-save/
During Mental Illness Awareness Week	<i>National Depression Screening Day</i>	http://www.mentalhealthscreening.org/events/national-depression-screening-day.aspx
October 12-20	<i>Bone and Joint Health National Awareness Week</i>	http://www.usbjd.org/projects/NAW_op.cfm
3rd Week of October	<i>National Health Education Week</i>	https://www.sophe.org/nhew.cfm
3rd Week of October	<i>National OCD Awareness Week</i>	http://ocfoundation.org/ocdweek/
Late October	<i>Respiratory Care Week</i>	https://www.aarc.org/rcweek/

Date	Event	Link to Resources
October continued		
3rd Friday in October	<i>National Mammography Day</i>	http://www.cdc.gov/cancer/breast/basic_info/mammograms.htm
October 15th	<i>Global Handwashing Day</i>	http://www.henrythehand.com/news-events/global-handwashing-day/
November		
Month of November	<i>Lung Cancer Awareness Month</i>	http://www.lungcanceralliance.org/get-involved/help-raise-awareness/lung-cancer-awareness-month.html
Month of November	<i>American Diabetes Month</i>	http://www.diabetes.org/in-my-community/programs/american-diabetes-month/
Month of November	<i>National Healthy Skin Month</i>	www.aad.org
Month of November	<i>National Pancreatic Cancer Awareness Month</i>	www.pancan.org
Month of November	<i>National Alzheimers Disease Awareness Month</i>	http://www.alz.org/co/in_my_community_alzheimers_awareness_month.asp
Month of November	<i>World Vegan Month</i>	http://www.worldveganmonth.net
Week in November	<i>Mental Health Wellness Week</i>	http://www.mhww.org
November 1st	<i>World Vegan Day</i>	http://www.worldveganmonth.net
November 13th	<i>World Kindness Day</i>	http://en.wikipedia.org/wiki/World_Kindness_Day
November 14th	<i>World Diabetes Day</i>	http://www.idf.org/worlddiabetesday/
November 19th	<i>International Men's Day</i>	http://www.mensday.ws/en/about.php
November 21st	<i>World Hello Day</i>	http://www.worldhelloday.org
3rd Thursday in November	<i>Great American Smokeout</i>	http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index
December		
1st Week in December	<i>National Handwashing Awareness Week</i>	http://www.healthreachchc.org/news/healthTip.php?IDT=39