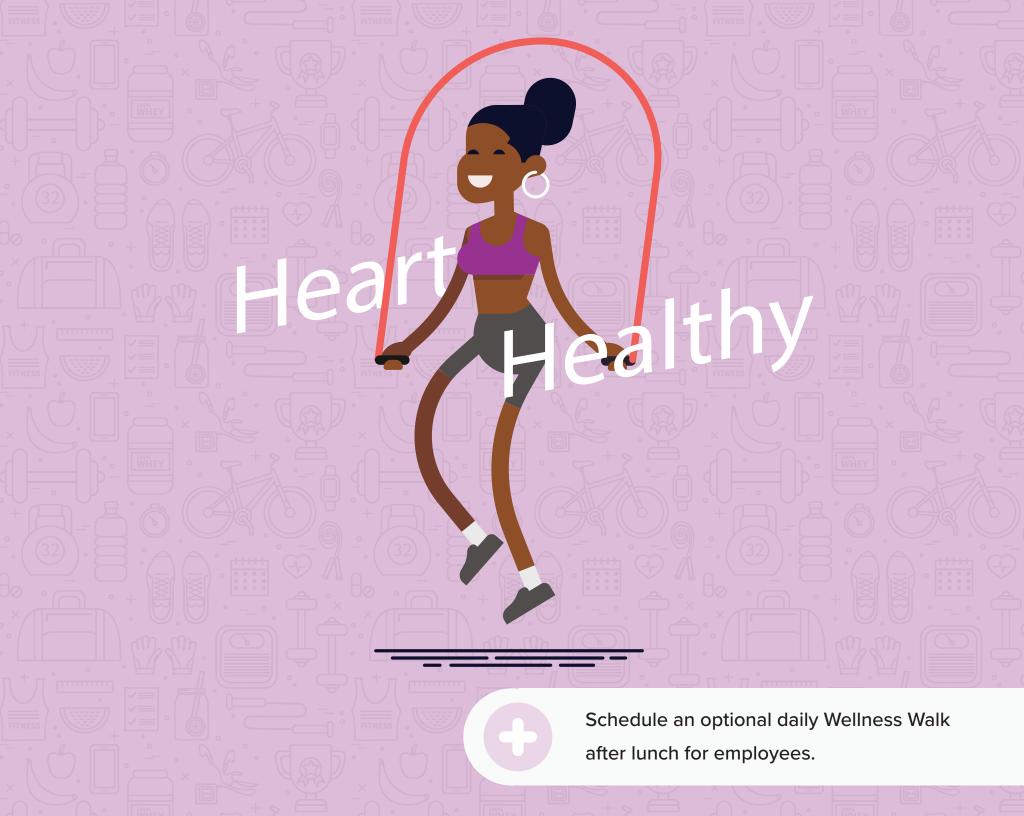


JANUARY

S	M	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
National Folic Ac	id Awareness Week	• 7-13 ••••			•••••	•••••
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
	National Drug an	d Alcohol Facts We	 ek • 22-28 ·········	•••••		•••••
28	29	30	31			

- Cervical Health Awareness Month
- National Birth Defects Prevention Month National Blood Donor Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month





FEBRUARY

S	M	Т	W	Т	F	S
				1	2	3
				African Heritage	& Health Week • 1-7	•••••
4 World Cancer Day	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28			
		Eating Disorders	 s Awareness and Sc 	 creening Week • Feb). 27-Mar. 5 ·······	

- American Heart Month
- National Children's Dental Health Month
- International Prenatal Infection Prevention Month
- National Cancer Prevention Month





Have a month-long challenge where everyone agrees to shut down their devices an hour before bed every day.

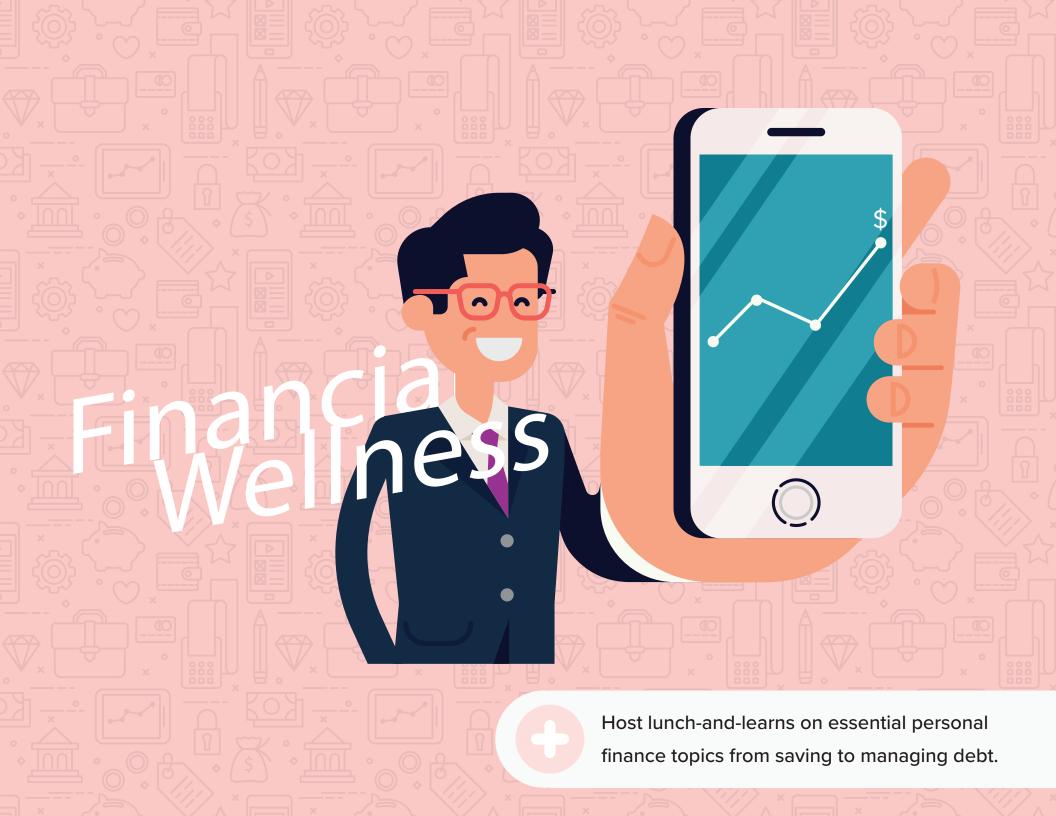
MARCH

S	M	Т	W	Т	F	S
				1	2	3
			Eating Disc	 orders Awareness ar 	d Screening Week	• Feb. 27-Mar. 5
4	5	6	7	S World Kidney Day	9	10
National Sleep A	wareness Week • 4-	11 ·····	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •
11	12	13	14	15	16 World Sleep Day	17
18	19	20	21	22	23	24 World Tuberculosis Day
25	26	27 American Diabetes Alert Day	28	29	30	31

- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- National Kidney Month
- Multiple Sclerosis Education Month
- National Nutrition Month
- Sleep Awareness Month

- Workplace Eye Wellness Month
- Brain Injury Awareness Month
- National Developmental
 Disabilities Awareness Month
- Hemophilia Awareness Month





APRIL

S	M	Т	W	Т	F	S
1	2	Sexual Assault Awareness Day of Action	4	5 National Alcohol Screening Day	6	7 World Health Day
	National Public He	ealth Week • 2-8 ····			• • • • • • • • • • • • • • • • • • • •	
8	9	10	11	12	13	14
••••••	•					
15	16	17 Tax Day	18	19	20	21
22	23	24 World Meningitis Day		26	27	28
National Infertility	Awareness Week • Every Kid Healthy	Week • 23-27 ······				
29	30					

- Alcohol Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Donate Life Month
- Irritable Bowel Syndrome (IBS) Awareness Month
- National Minority Health Month
- STI Awareness Month
- Sexual Assault Awareness and Prevention Month
- Stress Awareness Month







S	M	T	W	T	F	S
		1	2	3	4	5 Global Hand Washing Day
			Children's Mental	Health Awareness \	 Week • 2-8 ••••••• 	• • • • • • • • • • • • • • • • • • • •
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25 National Don't Fry Day	26
27	28 Memorial Day	29	National Senior Health Fitness Day	31 World No Tobacco Day		

- American Stroke Awareness Month
- Arthritis Awareness Month
- National Celiac Disease Awareness Month
- Cystic Fibrosis Awareness Month
- Global Employee Health and Fitness Month
- Hepatitis Awareness Month
- Lupus Awareness MonthMelanoma/Skin Cancer Detection and Prevention Month

- Mental Health Month
- National High Blood Pressure Education Month
- Older Americans Month
- National Physical Fitness and Sports Month
- Food Allergy Action Month
- National Asthma and Allergy Awareness Month
- Huntington's Disease Awareness Month
- National Stroke Awareness Month





JUNE

S	M	T	W	Т	F	S
					1	2
National Cancer Survivors Day	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	World Sickle Cell Day	20	21	22	23 National Hydration Day
24	25	26	27	28	29	30

- Men's Health Month
- National Safety Month
- Scoliosis Awareness Month
- National Great Outdoors Month
- Migraine and Headache Awareness Month
- PTSD Awareness Month
- Alzheimer's and Brain Awareness Month





Distribute gratitude journals and encourage employees to find 3 things they're thankful for each day.

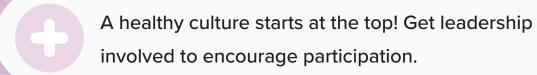
JULY

S	M	T	W	Т	F	S
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 World Hepatitis Day
29	30	31				

- Juvenile Arthritis Awareness Month
- Fireworks Safety Month
- UV Safety Month
- National Park and Recreation Month







AUGUST

S	M	Т	W	Т	F	S
			1	2	3	4
			World Broastfoodi	ng Wook - 17		
			World breastieedi	l vveek • 1-7 ······		
5	6	7	8	9	10	11
	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •				
12	13	14	15	16	17	18
	National Health Ce	enter Week • 13-18 •			• • • • • • • • • • • • • • • • • • • •	
19	20	21	22	23	24	25
26	27	28	29	30	31	

- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Awareness Month





Schedule a daily stretch break on employees' calendars.

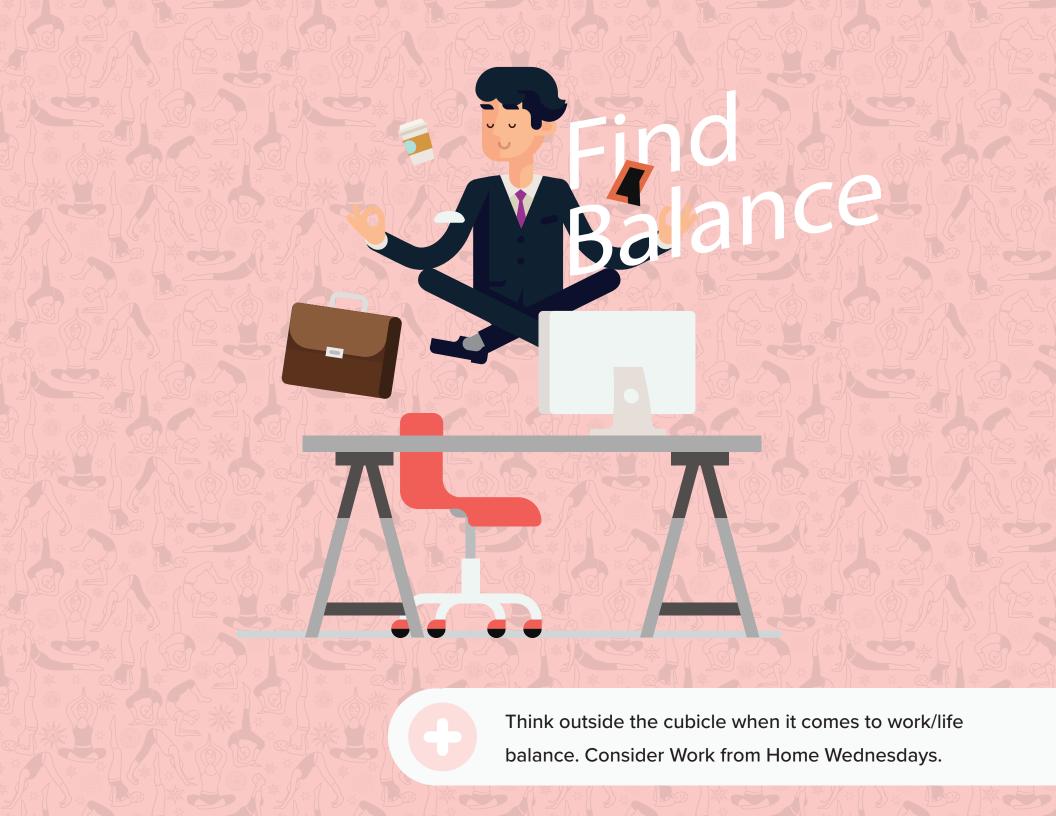
SEPTEMBER

S	M	T	W	T	F	S
						1
2	3 Labor Day	4	5	6	7	8
9	World Suicide Prevention Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	National Women's Health and Fitness Day	World Heart Day Family Health and Fitness Day
30						

- Pain Awareness Month
- National Childhood Obesity Awareness Month
- Fruit and Veggies—More Matters Month
- National Cholesterol Education Month
- Polycystic Ovary Syndrome (PCOS) Month

- World Alzheimer's Month
- National Yoga Awareness Month
- Healthy Aging Month





OCTOBER

S	M	Т	W	Т	F	S
	1	2	3	4	5	6
7	8	9	10	11 World Mental Health Day	12 National Depression Screening Day	13
	Mental Illness Awa	areness Week • 7-13	•••••			• • • • • • • • • • • • • • • • • • • •
14	15	16	17 World Arthritis Day	18	19	20
•••••		National Health Ed	 ducation Week • 15-1	 9	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •
21	22	23	24	25	26	27
28	29	30	31 Halloween			

- National Breast Cancer Awareness Month
- National Down Syndrome Awareness Month
- Health Literacy Month
- National Physical Therapy Month
- Pregnancy and Infant Loss Awareness Month
- Domestic Violence Awareness Month

- National ADHD Awareness Month
- National Depression and Mental Health Screening Month
- National Liver Awareness Month
- National Work and Family Month
- National Dental Hygiene Month





Have a healthy potluck. Everyone makes a Grokker recipe and votes on the winners!

NOVEMBER

S	M	Т	W	Т	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving National	23	24
CEDD Autoropoo	Wools 19 24			Family Health History Day		
GERD Awareness	Week • 18-24 ·······					
25	26	27	28	29	30	

- National Alzheimer's Disease Awareness Month
- American Diabetes Month
- Chronic Obstructive Pulmonary Disease (COPD) Awareness Month
- National Epilepsy Awareness Month
- National Family Caregivers Month
- National Healthy Skin Month





DECEMBER

S	M	Т	W	Т	F	S
						World AIDS Day
2 Hanukkah • 2-10	3	4	5	6	7	8
Fiallukkall • 2-10		National Handwas	shing Awareness We	eek • 4-10	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas	26	27	28	29
30	31					

- Safe Toys and Gifts Month
- International AIDS Awareness Month
- National Drunk and Drugged Driving Prevention Month

