

HEALTH & WELLNESS OBSERVANCE CALENDAR 2022

JAN

Monthly Topic: Thyroid Awareness Month

Monthly Observances:
16th-22nd: Healthy Weight Week

FEB

Monthly Topic: Health Disparities & Understanding your Risk

Monthly Observances:
5th: "Wear Red" Day

MAR

Monthly Topic: Sleep

Monthly Observances:
14th-20th: Sleep Awareness Week

APR

Monthly Topic: Sustainability

Monthly Observances:
17th-23rd: National Volunteer Week
22nd: Earth Day

MAY

Monthly Topic: Arthritis Awareness

Monthly Observances:
31st: World No Tobacco Day

JUN

Monthly Topic: PTSD Awareness

Monthly Observances:
Men's Health Month
14th: World Blood Donor Day

JUL

Monthly Topic: Vision & Eye Health

Monthly Observances:
7th: National Forgiveness Day
31st: National Avocado Day

AUG

Monthly Topic: Immunization

Monthly Observances:
15th: National Relaxation Day

SEP

Monthly Topic: Managing Emotions

Monthly Observances:
10th: World Suicide Prevention Day

OCT

Monthly Topic: Breast Cancer Awareness

Monthly Observances:
18th: National Mammography Day

NOV

Monthly Topic: Self-Actualization

Monthly Observances:
19th: Great American Smokeout

DEC

Monthly Topic: Grief - Coping & Caring for Others

Monthly Observances:
3rd: International Day of Persons with Disabilities