



2023
HEALTH & WELLNESS
OBSERVANCES CALENDAR
National Wellness Institute





JANUARY 2023

CERVICAL HEALTH AWARENESS MONTH

National Cervical Cancer Coalition
nccc-online.org

NATIONAL BIRTH DEFECTS PREVENTION MONTH

March of Dimes Birth Defects Foundation
marchofdimes.com

Center for Disease Control & Prevention
cdc.gov

NATIONAL BLOOD DONOR MONTH

American Association of Blood Banks
aabb.org

American Red Cross
redcross.org

NATIONAL GLAUCOMA AWARENESS MONTH

Glaucoma Research Foundation
glaucoma.org

NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH

Hope for Justice
hopeforjustice.org

JANUARY 8 - 14 HOME OFFICE SAFETY AND SECURITY WEEK

National Safety Council
nsc.org

JANUARY 15 – 21 NATIONAL HEALTHY WEIGHT WEEK

Centers for Disease Control and Prevention
cdc.gov/healthyweight

JANUARY 16 (MARTIN LUTHER KING DAY) KING DAY OF SERVICE

Americorpse
nationalservice.gov

JANUARY 22 - 28 NATIONAL CERTIFIED NURSE ANESTHETISTS WEEK

American Association of Nurse Anesthetists
aana.com



FEBRUARY 2023

AMD/LOW VISION AWARENESS MONTH

Prevent Blindness America
preventblindness.org

AMERICAN HEART MONTH

**Contact your local chapter of the
American Heart Association**
americanheart.org

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

American Dental Association
ada.org

NATIONAL CONDOM MONTH

American Sexual Health Association
ashasexualhealth.org

WISE HEALTH CONSUMER MONTH

American Institute for Preventive Medicine
healthylife.com

NATIONAL CANCER PREVENTION MONTH

American Institute for Cancer Research
aicr.org

AHA National Center
cdc.gov

FEBRUARY 3 (SAME DATE EACH YEAR) NATIONAL WOMEN PHYSICIANS DAY

American Medical Women's Association
amwa-doc.org

FEBRUARY 3 NATIONAL WEAR RED DAY

**Go Red For Women Cause Initiatives American
Heart Association National Center**
goredforwomen.org

FEBRUARY 11 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

United Nations
un.org



FEBRUARY 2023 (continued)

FEBRUARY 13 – 19 NATIONAL CARDIAC REHABILITATION WEEK

AACVPR Office
aacvpr.org

Donate Life America
donatelife.net

FEBRUARY 22 (SAME DATE EACH YEAR) WORLD THINKING DAY

World Association of Girl Guides and Girl Scouts
worldthinkingday.org

FEBRUARY 21 - 27 NATIONAL EATING DISORDER AWARENESS WEEK

National Eating Disorders Association (NEDA)
nationaleatingdisorders.org



MARCH 2023

AMERICAN RED CROSS MONTH

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

BRAIN INJURY AWARENESS MONTH

Brain Injury Association of America
biausa.org

HEMOPHILIA MONTH

National Hemophilia Foundation
hemophilia.org

NATIONAL COLORECTAL AWARENESS MONTH

Prevent Cancer Foundation
preventcancer.org/colorectal

NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH

The Arc of the United States
thearc.org

NATIONAL EYE DONOR MONTH

EBAA, Eye Bank Association of America
restoresight.org

NATIONAL KIDNEY MONTH

National Kidney Foundation
kidney.org

NATIONAL NUTRITION MONTH

Academy of Nutrition and Dietetics
eatright.org

NATIONAL PROBLEM GAMBLING AWARENESS MONTH

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

NATIONAL PROFESSIONAL SOCIAL WORK MONTH

National Association of Social Workers
socialworkers.org

SAVE YOUR VISION MONTH

American Optometric Association
aoa.org

WORKPLACE EYE WELLNESS MONTH

Prevent Blindness America
preventblindness.org



MARCH 2023 (continued)

NATIONAL ATHLETIC TRAINING MONTH

National Athletic Training Association
nata.org

FEBRUARY 28 - MARCH 4 NATIONAL SCHOOL BREAKFAST WEEK

School Nutrition Association
schoolnutrition.org

MARCH 1 – 6 APLASTIC ANEMIA AND MDS WEEK

Aplastic Anemia and MDS Internl, Inc.
aamds.org

MARCH 12 – 19 NATIONAL PULMONARY REHABILITATION WEEK

American Association of Cardiovascular and Pulmonary Rehabilitation
aacvpr.org

MARCH 12 – 19 NATIONAL SLEEP AWARENESS WEEK

National Sleep Foundation
sleepfoundation.org

MARCH 19 – 25 NATIONAL POISON PREVENTION WEEK

American Association of Poison Control Centers
aapcc.org

MARCH 20 (SAME DATE EACH YEAR) NATIONAL NATIVE HIV/AIDS AWARENESS DAY

hiv.gov

MARCH 22 (SAME DATE EACH YEAR) WORLD WATER DAY

UN Water
unwater.org

MARCH 28 (FOURTH TUESDAY IN MARCH) AMERICAN DIABETES ALERT DAY

American Diabetes Association
diabetes.org



APRIL 2023

NATIONAL ALCOHOL AWARENESS MONTH

alcohol.org

NATIONAL AUTISM AWARENESS MONTH

Autism Society

autism-society.org

NATIONAL CANCER CONTROL MONTH

Contact your local chapter or American Cancer Society

cancer.org

NATIONAL CHILD ABUSE PREVENTION MONTH

Prevent Child Abuse America

preventchildabuse.org

Child Welfare Information Gateway
Children's Bureau/ACYF

childwelfare.gov

COUNSELING AWARENESS MONTH

American Counseling Association (ACA)

counseling.org

NATIONAL DONATE LIFE MONTH

HRSA Information Center

organdonor.gov

STRESS AWARENESS MONTH

American Counseling Association (ACA)

counseling.org

NATIONAL HUMOR MONTH

Association for Applied and Therapeutic Humor

aath.org

NATIONAL MINORITY HEALTH & HEALTH DISPARITIES MONTH

Office of Minority Health Resource Center

minorityhealth.hhs.gov

NATIONAL OCCUPATIONAL THERAPY MONTH

The American Occupational Therapy Association

aota.org

SEXUAL ASSAULT AWARENESS MONTH

National Sexual Violence Resource Center

nsvrc.org



APRIL 2023 (continued)

WOMEN'S EYE HEALTH AND SAFETY MONTH

Prevent Blindness America
preventblindness.org

TESTICULAR CANCER AWARENESS MONTH

testicularcancerawarenessmonth.com

APRIL 3 – 9 NATIONAL PUBLIC HEALTH WEEK

American Public Health Association
nphw.org

APRIL 6 (FIRST WEDNESDAY OF APRIL) NATIONAL DAY OF HOPE

Childhelp
childhelp.org

APRIL 6 NATIONAL ALCOHOL SCREENING DAY

Help Yourself. Help Others.
helpyourselfhelpothers.org

APRIL 7 (SAME DATE EACH YEAR) WORLD HEALTH DAY

World Health Organization
who.org

APRIL 14 (SAME DATE EACH YEAR) INTERNATIONAL MOMENT OF LAUGHTER DAY

Izzy Gesell, Wide Angle Humor
izzyg.com

APRIL 16 (SAME DATE EACH YEAR) NATIONAL HEALTHCARE DECISIONS DAY

nhdd.org

APRIL 16 – 22 NATIONAL VOLUNTEER WEEK

The Points of Light and Hands on Network
PointsofLight.org

APRIL 22 (SAME DATE EACH YEAR) EARTH DAY

Earth Day Network
earthday.org



APRIL 2023 (continued)

APRIL 12 – 16 NATIONAL YOUTH VIOLENCE PREVENTION WEEK

National Association of SAVE
nationalsave.org

APRIL 20 – 22 GLOBAL YOUTH SERVICE DAY

Youth Service America
leadasap.ysa.org

APRIL 23 – 29 NATIONAL LIBRARY WEEK

American Library Association
ala.org

APRIL 24 – MAY 1 NATIONAL INFANT IMMUNIZATION WEEK

CDC, National Immunization Program
cdc.gov

APRIL 27 (FOURTH THURSDAY OF APRIL) TAKE YOUR DAUGHTERS AND SONS TO WORK DAY

Daughters And Sons To Work® Day
daughtersandsonstowork.org



MAY 2023

ASTHMA AND ALLERGY AWARENESS MONTH

Allergy and Asthma Foundation of America
aafa.org

BETTER SLEEP MONTH

The Better Sleep Council
bettersleep.org

BUILDING SAFETY MONTH

International Code Council
iccsafe.org

CORRECT POSTURE MONTH

American Chiropractic Association
Communications Department
acatoday.org

HEALTHY VISION MONTH

National Eye Institute
nei.nih.gov/hvm

HEPATITIS AWARENESS MONTH

American Liver Foundation
liverfoundation.org

HUNTINGTON'S DISEASE AWARENESS MONTH

Huntington's Disease Society of America
hdsa.org

LUPUS AWARENESS MONTH

Lupus Foundation of America, Inc.
lupus.org

NATIONAL ARTHRITIS MONTH

Arthritis Foundation
arthritis.org

NATIONAL BIKE MONTH

League of American Bicyclists
bikeleague.org

NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

NHLBI Information Center
nhlbi.nih.gov

NATIONAL MELANOMA/SKIN CANCER AWARENESS MONTH

American Academy of Dermatology
aad.org

American Cancer Society
skincancer.org



MAY 2023 (continued)

NATIONAL OSTEOPOROSIS MONTH

National Osteoporosis Foundation
nof.org

NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

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

NATIONAL STROKE AWARENESS MONTH

National Stroke Association
stroke.org

NATIONAL TEEN PREGNANCY PREVENTION MONTH

Advocates for Youth
advocatesforyouth.org

OLDER AMERICANS MONTH

U.S. Dept. of Health and Human Services
Administration for Community Living
acl.gov

MAY 1 – 7 (SAME DATES EACH YEAR) NATIONAL PHYSICAL EDUCATION AND SPORTS WEEK

National Association for Sport and Physical Education
shapeamerica.org

MAY 3 (FIRST WEDNESDAY IN MAY) PROJECT ACES DAY

(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
projectaces.com

MAY 7 – 13 BE KIND TO ANIMALS WEEK

Humane Canada
humanecanada.ca

American Humane Association
americanhumane.org

MAY 7 – 13 NORTH AMERICAN OCCUPATIONAL SAFETY AND HEALTH WEEK (NAOSH)

American Society of Safety Engineers
asse.org/naosh



MAY 2023 (continued)

MAY 6 – 12 (SAME DATES EACH YEAR) NATIONAL NURSES WEEK

American Nurses Association
nursingworld.org

MAY 7 – 13 (WEEK OF FLORENCE NIGHTENGALE'S BIRTHDAY, MAY 12) NATIONAL HOSPITAL AND HEALTHCARE WEEK

American Hospital Association
aha.org

MAY 8 (SAME DATE EACH YEAR) WORLD RED CROSS/RED CRESCENT DAY

American Red Cross
redcross.org

MAY 10 (WEDNESDAY DURING NATIONAL NURSES WEEK) SCHOOL NURSE DAY

nasn.org

MAY 13 WORLD FAIR TRADE DAY

World Fair Trade Association (WFTO)
wfto.com

MAY 14 – 15 (MOTHER'S DAY WEEK) WOMEN'S HEALTH WEEK

Office on Women's Health
Department of Health and Human Services
cdc.gov/women

MAY 14 – 20 (MOTHER'S DAY WEEK) NATIONAL NURSING HOME WEEK

American Health Care Association
nhw.org

MAY 15 - 21 BIKE TO WORK WEEK

League of American Bicyclists
bikeleague.org

MAY 16 – 22 NATIONAL VOLUNTEER WEEK – AUSTRALIA

Volunteering Australia
volunteeringaustralia.org

MAY 31 (SAME DATE EACH YEAR) WORLD NO TOBACCO DAY

World Health Organization
who.org



MAY 2023 (continued)

MAY 20 (SAME DATE EACH YEAR)
**WORLD AUTOIMMUNE
AUTOINFLAMMATORY
ARTHRITIS DAY** (WORLD AIARTHRITIS DAY)

International Foundation for Autoimmune
& Autoinflammatory Arthritis (IFAA)
aiarthritis.org

MAY 31 (LAST WEDNESDAY IN MAY)
**NATIONAL SENIOR HEALTH
& FITNESS DAY**

fitnessday.com



JUNE 2023

CATARACT AWARENESS MONTH

Prevent Blindness America
preventblindness.org

NATIONAL GREAT OUTDOORS MONTH

National Park Service
nps.gov

NATIONAL SAFETY MONTH

National Safety Council
nsc.org

NATIONAL SCLERODERMA AWARENESS MONTH

United Scleroderma Foundation, Inc.
scleroderma.org

MEN'S HEALTH MONTH

menshealthmonth.org

MIGRAINE AND HEADACHE AWARENESS MONTH

National Headache Foundation
headaches.org

PTSD AWARENESS MONTH

U.S. Department of Veterans Affairs
ptsd.va.gov

JUNE 3 (FIRST SATURDAY IN JUNE) NATIONAL TRAILS DAY

American Hiking Society
americanhiking.org

JUNE 4 NATIONAL CANCER SURVIVORS DAY

National Cancer Survivors Day Foundation
ncsdf.org

JUNE 5 (SAME DATE EACH YEAR) WORLD ENVIRONMENT DAY

United Nations Environment
worldenvironmentday.global

JUNE 11 FAMILY HEALTH & FITNESS DAY

National Recreation and Park Association
nrpa.org



JUNE 2023 (continued)

JUNE 11 NATIONAL CHILDREN'S DAY

nationalchildrensday.us

JUNE 12 – 18 COMMUNITY HEALTH IMPROVEMENT WEEK

American Hospital Association

aha.org

JUNE 12 – 18 (ENDING WITH FATHER'S DAY) MEN'S HEALTH WEEK

Men's Health Network

menshealthweek.org

JUNE 14 (SAME DATE EACH YEAR) WORLD BLOOD DONOR DAY

World Health Organization

who.int/world-blood-donor-day

JUNE 27 (SAME DATE EACH YEAR) NATIONAL HIV TESTING DAY

AIDS.gov

aids.gov

JUNE 27 (SAME DATE EACH YEAR) NATIONAL PTSD AWARENESS DAY

U.S. Department of Veterans Affairs

ptsd.va.gov

JULY 2023

NATIONAL PARK AND RECREATION MONTH

National Recreation and Park Association
nrpa.org

UV SAFETY MONTH

American Academy of Ophthalmology
aao.org

JULY 16 – 22 EVERYBODY DESERVES A MASSAGE WEEK

Associated Bodywork & Massage Professionals
abmp.com

JULY 19 – 21 NATIONAL WELLNESS CONFERENCE

National Wellness Institute
nationalwellness.org/nwc/



AUGUST 2023

CHILDREN'S EYE HEALTH AND SAFETY MONTH

American Academy of Ophthalmology
aao.org

MEDIC ALERT AWARENESS MONTH

medicalert.org

NATIONAL BREASTFEEDING MONTH

United States Breastfeeding Committee
usbreastfeeding.org/

NATIONAL IMMUNIZATION AWARENESS MONTH

Center for Disease Control & Prevention
cdc.gov/vaccines

AUGUST 1 NATIONAL NIGHT OUT

National Association of Town Watch
natw.org

AUGUST 1 – 7 (SAME DATES EACH YEAR) WORLD BREASTFEEDING WEEK

La Leche League International
lli.org

AUGUST 9 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

United Nations
unesco.org

AUGUST 7 – 13 NATIONAL HEALTH CENTER WEEK

National Association of
Community Health Centers, Inc.
healthcenterweek.org

AUGUST 30 NATIONAL GRIEF AWARENESS DAY

nationalgriefawarenessweek.org



SEPTEMBER 2023

BABY SAFETY AWARENESS MONTH

Juvenile Product Manufacturers Association
jpma.org

BIODIVERSITY MONTH

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

BLOOD CANCER AWARENESS MONTH

Leukemia and Lymphoma Society of America
lls.org

CHILDHOOD CANCER AWARENESS MONTH

CureSearch for Children's Cancer
curesearch.org

FRUIT & VEGGIES MORE MATTERS® MONTH

Produce for Better Health Foundation
fruitsandveggies.org

HEALTHY AGING® MONTH

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

NATIONAL RECOVERY MONTH

Substance Abuse and Mental Health Services Administration (SAMHSA) National Clearinghouse for Alcohol and Drug Information
recoverymonth.gov

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

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

NATIONAL CHOLESTEROL EDUCATION AWARENESS MONTH

National Heart, Lung, & Blood Institute
cdc.gov/cholesterol/cholesterol

NATIONAL FOOD SAFETY EDUCATION MONTH

National Restaurant Association
Education Foundation
foodsafetymonth.com

NATIONAL OVARIAN CANCER AWARENESS MONTH

National Ovarian Cancer Coalition, Inc.
ovariancancerawareness.org



SEPTEMBER 2023 (continued)

NATIONAL PREPAREDNESS MONTH

Cosponsored by American Red Cross
redcross.org

U.S. Dept. of Homeland Security
ready.gov

NATIONAL SICKLE CELL DISEASE AWARENESS MONTH

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

PROSTATE HEALTH MONTH AND PROSTATE CANCER AWARENESS MONTH

Prostate Cancer Foundation
pcf.org

SPORTS AND HOME EYE SAFETY MONTH

Prevent Blindness America
preventblindness.org

WHOLE GRAINS MONTH

The Whole Grains Council
wholegrainscouncil.org

SEPTEMBER 10 – 16 SUICIDE PREVENTION WEEK

American Association of Suicidology
suicidology.org

SEPTEMBER 10 – 16 NATIONAL ASSISTED LIVING WEEK

National Center for Assisted Living
nalw.org

SEPTEMBER 10 (SAME DATE EACH YEAR) WORLD SUICIDE PREVENTION DAY

American Association of Suicidology
suicidology.org

SEPTEMBER 11 (SAME DATE EACH YEAR) NATIONAL DAY OF SERVICE AND REMEMBRANCE

911day.org

AmeriCorps
nationalservice.gov



SEPTEMBER 2023 (continued)

SEPTEMBER 19 – 25 NATIONAL REHABILITATION WEEK

American Medical Rehabilitation
Provider Association
amrpa.org

SEPTEMBER 20 BACKPACK AWARENESS DAY

The American Occupational Therapy Association
aota.org

SEPTEMBER 21 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF PEACE

United Nations
un.org

SEPTEMBER 27 NATIONAL WOMEN'S HEALTH & FITNESS DAY

Health Information Resource Center
fitnessday.com/women

SEPTEMBER 30 NATIONAL PUBLIC LANDS DAY

National Environmental Education Foundation
publiclandsday.org



OCTOBER 2023

EAT TOGETHER, EAT BETTER MONTH

Washington State University
nutrition.wsu.edu/ETEB

CHILDREN'S HEALTH MONTH

Office of Children's Health Protection
U.S. Environmental Protection Agency
epa.gov/children

DOMESTIC VIOLENCE AWARENESS MONTH

National Coalition Against
Domestic Violence (NCADV)
ncadv.org

HEALTH LITERACY MONTH

Health Literacy Consulting
healthliteracymonth.org

HEALTHY BABIES MONTH

March of Dimes/Birth Defects Foundation
marchofdimes.com

HEALTHY LUNG MONTH

American Lung Association
lung.org

NATIONAL BREAST CANCER AWARENESS MONTH

National Breast Cancer Foundation
nationalbreastcancer.org

NATIONAL BULLYING PREVENTION MONTH

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

NATIONAL CHIROPRACTIC MONTH

American Chiropractic Association
acatoday.org

NATIONAL CRIME PREVENTION MONTH

National Crime Prevention Council
ncpc.org

NATIONAL DENTAL HYGIENE MONTH

American Dental Hygienists Association
adha.org/ndhm

NATIONAL DEPRESSION AND MENTAL HEALTH SCREENING MONTH

Screening for Mental Health, Inc.
mentalhealthscreening.org



OCTOBER 2023 (continued)

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

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

NATIONAL SUDDEN INFANT DEATH SYNDROME (SIDS) AWARENESS MONTH

SIDS Alliance
sidsalliance.org

NATIONAL FAMILY SEXUALITY EDUCATION MONTH

Planned Parenthood Federation of America
plannedparenthood.org/

NATIONAL UNICEF MONTH: TRICK-OR-TREAT FOR UNICEF

National Office of the US Fund for UNICEF
unicefusa.org

NATIONAL LIVER AWARENESS MONTH

American Liver Foundation
liverfoundation.org

TALK ABOUT YOUR MEDICINES MONTH

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

NATIONAL PHYSICAL THERAPY MONTH

American Physical Therapy Association
apta.org

VEGETARIAN AWARENESS MONTH

North American Vegetarian Society
worldvegetarianday.org

NATIONAL SPINA BIFIDA AWARENESS MONTH

Spina Bifida Association of America
spinabifidaassociation.org

NATIONAL MENTAL HEALTH MONTH

National Mental Health Association
nmha.org



OCTOBER 2023 (continued)

OCTOBER 1 (SAME DATE EACH YEAR) WORLD VEGETARIAN DAY

North American Vegetarian Society
worldvegetarianday.org

NATIONAL MENOPAUSE AWARENESS MONTH

North American Menopause Society
menopause.org

OCTOBER 1 (SAME DATE EACH YEAR) UNITED NATIONS INTERNATIONAL DAY OF OLDER PERSONS

un.org

OCTOBER 2 – 8 NATIONAL MENTAL ILLNESS AWARENESS WEEK

NAMI - National Alliance on Mental Illness
nami.org/miawl

OCTOBER 3 (FIRST MONDAY IN OCTOBER) WORLD HABITAT DAY

UN Habitat
new.unhabitat.org

OCTOBER 9 – 15

(WEEK INCLUDING OCTOBER 9 – CHICAGO FIRE)

NATIONAL FIRE PREVENTION WEEK

National Fire Protection Association
nfpa.org

OCTOBER 10 (SAME DATE EACH YEAR) PUT THE BRAKES ON FATALITIES DAY

American Society of Civil Engineers
asce.org

OCTOBER 10 (SAME DATE EACH YEAR) WORLD MENTAL HEALTH DAY

World Federation for Mental Health
wfmh.globe

OCTOBER 10 – 14 NATIONAL SCHOOL LUNCH WEEK

School Nutrition Association
schoolnutrition.org

OCTOBER 15 – 21 NATIONAL HEALTHCARE QUALITY WEEK

National Association for Healthcare Quality
nahq.org



OCTOBER 2023 (continued)

OCTOBER 15 – 21 INTERNATIONAL INFECTION PREVENTION WEEK

Association for Professionals in Infection
Control and Epidemiology, Inc.

apic.org

OCTOBER 16 – 22 NATIONAL PHARMACY WEEK

American Society of Health-System Pharmacists

ashp.org

OCTOBER 16 – 20 NATIONAL HEALTH EDUCATION WEEK

Society for Public Health Education

sophe.org

OCTOBER 17 (SAME DATE EACH YEAR) INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY

United Nations

un.org

OCTOBER 20 (SAME DATE EACH YEAR) WORLD OSTEOPOROSIS DAY

International Osteoporosis Foundation

worldosteoporosisday.org

OCTOBER 22 – 29 (LAST FULL WEEK OCTOBER) NATIONAL RESPIRATORY CARE WEEK

American Association for Respiratory Care

aarc.org

OCTOBER 28 (FOURTH SATURDAY IN OCTOBER) MAKE A DIFFERENCE DAY

nationaltoday.com

OCTOBER 29 (SAME DATE EACH YEAR) WORLD STROKE DAY

American Stroke Association

stroke.org



NOVEMBER 2023

AMERICAN DIABETES MONTH

American Diabetes Association
diabetes.org

NATIVE AMERICAN HERITAGE MONTH

nativeamericanheritagemonth.gov

DIABETIC EYE DISEASE MONTH

Prevent Blindness America
preventblindness.org

LUNG CANCER AWARENESS MONTH

American Cancer Society
cancer.org

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

Alzheimer's Disease and Related Disorders Association
alz.org

NATIONAL EPILEPSY AWARENESS MONTH

Epilepsy Foundation of America
efa.org

NATIONAL FAMILY CAREGIVERS MONTH

National Family Caregivers Association
nfacares.org

NATIONAL HEALTHY SKIN MONTH

American Academy of Dermatology
aad.org

NATIONAL HOME CARE & HOSPICE MONTH

National Association for Home Care & Hospice
nahc.org

NATIONAL HOSPICE AND PALLIATIVE CARE MONTH

National Hospice and Palliative Care Organization
nhpco.org

PANCREATIC CANCER AWARENESS MONTH

Pancreatic Cancer Action Network
pancan.org



NOVEMBER 2023 (continued)

PREMATURITY AWARENESS MONTH

March of Dimes Birth Defects Foundation
marchofdimes.com

NOVEMBER 6 (FIRST MONDAY IN NOVEMBER) COLOR THE WORLD ORANGE FOR CRPS/RSD AWARENESS

colortheworldorange.com

NOVEMBER 12 (SAME DATE EACH YEAR) WORLD PNEUMONIA DAY

stopppneumonia.org

NOVEMBER 13 (SAME DATE EACH YEAR) WORLD KINDNESS DAY

Random Acts of Kindness
randomactsofkindness.org

NOVEMBER 13 – 19 (WEEK BEFORE THANKSGIVING) AMERICAN EDUCATION WEEK

National Education Association
nea.org

NOVEMBER 14 (SAME DATE EACH YEAR) WORLD DIABETES DAY

International Diabetes Federation
worlddiabetesday.org

NOVEMBER 15 (SAME DATE EACH YEAR) NATIONAL PHILANTHROPY DAY

Association of Fundraising Professionals
npdlove.com

NOVEMBER 15 (SAME DATE EACH YEAR) AMERICA RECYCLES DAY

National Recycling Coalition, Inc.
americarecyclesday.org

NOVEMBER 16 – DECEMBER 31

(SAME DATE EACH YEAR)
TIE ONE ON FOR SAFETY®

Mothers Against Drunk Driving (MADD)
madd.org

NOVEMBER 16 GREAT AMERICAN SMOKEOUT

American Cancer Society
cancer.org

NOVEMBER 19 INTERNATIONAL SURVIVORS OF SUICIDE DAY

American Foundation for Suicide Prevention (AFSP)
afsp.org

NOVEMBER 23 (ALWAYS THANKSGIVING DAY) NATIONAL FAMILY HEALTH HISTORY DAY

Centers for Disease Control and Prevention
cdc.gov

DECEMBER 2023

INTERNATIONAL AIDS AWARENESS MONTH

International HIV/AIDS Alliance
frontlineaids.org

NATIONAL IMPAIRED DRIVING PREVENTION MONTH

National Highway Traffic Safety Administration
nhtsa.gov/risky-driving

SAFE TOYS AND GIFTS MONTH

Prevent Blindness America
preventblindness.org

UNIVERSAL HUMAN RIGHTS MONTH

United Nations Human Rights
ohchr.org

DECEMBER 1 (SAME DATE EACH YEAR) WORLD AIDS DAY

HIV.gov
hiv.gov

DECEMBER 2 (SAME DATE EACH YEAR) INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY

United Nations
un.org

DECEMBER 3 (SAME DATE EACH YEAR) INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

United Nations
un.org

DECEMBER 3 – 9 NATIONAL INFLUENZA VACCINATION WEEK

cdc.gov/flu

DECEMBER 5 (SAME DATE EACH YEAR) INTERNATIONAL VOLUNTEER DAY

United Nations Volunteers
unv.org

DECEMBER 10 (SAME DATE EACH YEAR) HUMAN RIGHTS DAY

United Nations Human Rights
ohchr.org

DECEMBER 21 (WINTER SOLSTICE) NATIONAL HOMELESS PERSONS' MEMORIAL DAY

Substance Abuse and Mental Health Services Administration
samhsa.gov



2023 HEALTH & WELLNESS OBSERVANCES CALENDAR

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