

2020 Pharmacy, Health and Wellness Observances

January

Cervical Health Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
National Glaucoma Awareness Month
Thyroid Awareness Month
National Folic Acid Awareness Week (6th - 12th)
Healthy Weight Week (19th - 25th)

February

American Heart Month
AMD/Low Vision Awareness Month
National Cancer Prevention Month
National Children's Dental Health Month
Wise Health Care Consumer Month
Wear Red Day (1st)
National Cardiac Rehab Week (9th-15th)

March

Brain Injury Awareness Month
National Developmental Disabilities Awareness Month
National Kidney Month
National Nutrition Month
Hemophilia Awareness Month
National Colorectal Cancer Awareness Month
National Eye Donor Month
Patient Safety Awareness Week (8th-14th)
American Diabetes Alert Day (24th)

April

National Autism Awareness Month
National Alcohol Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Donate Life Month
Stress Awareness Month
National Minority Health Month
National Public Health Week (6th - 12th)
World Meningitis Day (24th)

May

Asthma and Allergy Awareness Month
Better Sleep Month
Correct Posture Month
Healthy Vision Month
Hepatitis Awareness Month

May (cont.)

Huntington's Disease Awareness Month
Lupus Awareness Month
National Arthritis Awareness Month
National High Blood Pressure Education Month
National Melanoma/Skin Cancer Awareness Month
National Mental Health Awareness Month
National Stroke Awareness Month
Osteoporosis Awareness Month
Celiac Awareness Month
National Women's Health Week (10th - 16th)
National Senior Health and Fitness Day (28th)

June

Cataract Awareness Month
National Scleroderma Awareness Month
Men's Health Month
Migraine and Headache Awareness Month
National Safety Month
Men's Health Week (10th - 16th)

July

Fireworks Safety Month
UV Safety Month
Psoriasis Awareness Month

August

Children's Eye Health and Safety Month
National Breastfeeding Month
National Immunization Awareness Month

September

Baby Safety Awareness Month
Blood Cancer Awareness Month
Childhood Cancer Awareness Month
Healthy Aging Month
National Childhood Obesity Awareness Month
Cholesterol Education Month
National Ovarian Cancer Awareness Month
National Recovery Month
National Sickle Cell Disease Awareness Month
Prostate Health Month
Pain Awareness Month
Women's Health and Fitness Day (26th)
Family Health & Fitness Day (29th)

October

American Pharmacists Month
Talk About Your Medicines Month
Dental Hygiene Awareness Month
Children's Health Month
Health Literacy Month
Healthy Babies Month
Healthy Lung Month
National Breast Cancer Awareness Month
National Depression and Mental Health Screening Month
National Liver Awareness Month
National Spina Bifida Awareness Month
National Sudden Infant Death Syndrome (SIDS) Awareness Month
National Pharmacy Technician Day (15th)
Respiratory Care Week (20th - 26th)

November

American Diabetes Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Healthy Skin Month
National Alzheimer's Disease Awareness Month
National Epilepsy Awareness Month
National Family Caregivers Month
National Hospice and Palliative Care Month
Pancreatic Cancer Awareness Month
Prematurity Awareness Month
Great American Smokeout (15th)

December

International AIDS Awareness Month
National Drunk and Drugged Driving Prevention Month
Safe Toys and Gifts Month
National Handwashing Awareness Week (1st- 7th)
National Influenza Vaccination Week (1st - 7th)



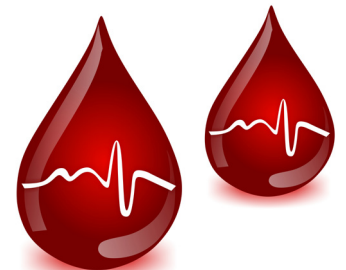
JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day 	2 10 Things to Know about HPV and Cervical Cancer Flier	3 HPV & Cervical Cancer Posters Poster #1 Poster #2	4
5 Folic Acid Awareness Week (6th-12th)	6 Folic Acid and You Infographic	7 Folic Acid Fact Sheet Eng Span	8 Folic Acid and Exercise Flier Eng Span	9 Folic Acid and Water Flier Eng Span	10 Folic Acid and Veggies Flier Eng Span	11
12	13 Find Blood Donor Centers	14 10 Questions to Ask About your Thyroid Health Flier	15 Brown bag medication review bag stuffer	16	17 Choosing Whole-Grain Foods Flier Eng Span	18
19 Healthy Weight Week (19th-25th)	20 Martin Luther King Day of Service	21 An Active Lifestyle Flier Eng Span	22 Physical Activity at Home, Work and Play Flier	23 Online refill bag clipper	24 Pet Rx bag clipper	25
26	27 Medication log	28 Just Ask bag clipper	29 Build a Healthy Meal Flier Eng Span	30	31	

- [National Blood Donor Month](#)
- [Cervical Health Awareness Month](#)
- [National Birth Defects Prevention Month](#)
- [National Glaucoma Awareness Month](#)
- [Thyroid Awareness Month](#)



To help your patients get a healthy start to 2019, promote products and services that support patient health and sponsor a blood driver as part of National Blood Donor Month. Use HPV Vaccine bag clippers and stuffers to highlight the importance of Cervical Cancer early detection and prevention.



FEBRUARY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



It's American Heart Month, so show customer appreciation by promoting Valentine's Day with Healthy Heart marketing and events. Hold free blood pressure screenings and offer specials on aspirin, Omega3 and other heart healthy supplements.

						1 National Wear RED Day How You Can Go Red
2 World Cancer Day	3 Just Ask bag clipper	4 Dental Health Flier	5 Dental Health Coloring Sheets Eng Span	6 Dental Health Activity Sheets Eng Span	7	8
9 National Cardiac Rehabilitation Week (9th-15th)	10	11	12	13 Online refill bag clipper	14 Valentine's Day 	15 Medication log
16	17 President's Day 	18 Pet Rx bag clipper	19 Brown bag medication review bag stuffer	20	21	22
23	24	25	26	27	28	29

- [American Heart Month](#)
- [AMD/Low Vision Awareness Month](#)
- [National Cancer Prevention Month](#)
- [National Children's Dental Health Month](#)
- [Wise Health Care Consumer Month](#)



And, since it's Children's Dental Health Month, offer oral health product coupons for parents and a free toothbrush with a dental activity and coloring sheet for kids. If you have space pharmacy, post a few of the sheets up on a bulletin board.



MARCH 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Have a brown bag or town hall Q&A with your patients in honor of Patient Safety Awareness Week. To recognize National Nutrition, partner with a local nutritionist to conduct a free session on healthy eating.

- [National Nutrition Month](#)
- [Brain Injury Awareness Month](#)
- [National Developmental Disabilities Awareness Month](#)
- [National Kidney Month](#)

1 Brown bag medication review bag stuffer	2	3 Online refill bag clipper	4	5 World Kidney Day	6	7  Adjust your clocks at midnight
8 Daylight Savings Patient Safety Awareness Week National Sleep Awareness Week	9 Pet Rx bag clipper	10 Choose My Plate Flier Eng Span	11 Reach Your Nutrition Goals Flier Eng Span	12 Enjoy your Food, But Eat Less Flier Eng Span	13	14
15	16 Just Ask bag clipper	17	18 Medication log	19	20	21
22	23	24 American Diabetes Alert Day Offer H1C Level Screenings.	25	26	27	28 
29	30	31	<ul style="list-style-type: none"> - Hemophilia Awareness Month - National Colorectal Cancer Awareness Month - National Eye Donor Month 			

APRIL 2020

SUNDAY



MONDAY

Hold a raffle for a gift certificate to a yoga or massage session and display tip sheets on stress reducing techniques. If a gift certificate is outside of your budget, put together a pampering gift basket filled with bubble bath, lotion and other items in your store.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 Stress Fact Sheet	2 Stress Hardiness Quiz	3 Stress Awareness Payroll Stuffer for Employees	4
5	6 Meningitis Vaccine Infographic	7 Depression - Let's Talk Poster	8 Brown bag medication review bag stuffer	9 Online refill bag clipper	10 Good Friday Medication log	11
12 Easter	13 Pet Rx bag clipper	14	15 Tax Day Just Ask bag clipper	16	17	18
19	20	21 World Meningitis Day	22 Administrative Professionals Day	23 Vaccines Work Infographic	24 5 Vaccine Facts Infographic	25
26	27	28	29	30		

- [Stress Awareness Month](#)
- [National Autism Awareness Month](#)
- [National Alcohol Awareness Month](#)
- [National Cancer Control Month](#)
- [National Child Abuse Prevention Month](#)
- [National Donate Life Month](#)
- [National Minority Health Month](#)



MAY 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


SATURDAY




It's allergy season, so display allergy products in the front of the store. Offer free blood pressure checks and tips to honor Blood Pressure Education Month.

1 Brown bag medication review bag stuffer	2
--	---

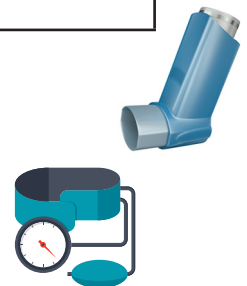
3 Mental Health Payroll Stuffer for Employees	4 Hepatitis B Bag Clipper	5 Online refill bag clipper	6 Medication log	7 Stroke and Blood Pressure Flier	8 Just Ask bag clipper	9
--	--	--	-------------------------------------	--	---	---

10 Mother's Day  National Women's Health Week (10th-16th)	11 Check up and Screenings Guidelines for Women Poster	12 How to Select Sunscreen Flier	13 How to Spot Skin Cancer Flier	14 How to Protect your Skin Infographic	15	16
--	---	---	---	--	----	----

17	18 Pet Rx bag clipper	19	20	21	22	23
----	--	----	----	----	----	----

24	25 Memorial Day 	26	27 National Senior Health and Fitness Day	28	29	30
----	---	----	--	----	----	----

31	<ul style="list-style-type: none"> - Asthma and Allergy Awareness Month - Better Sleep Month - Correct Posture Month - Healthy Vision Month - Hepatitis Awareness Month - Huntington's Disease Awareness Month 	<ul style="list-style-type: none"> - Lupus Awareness Month - National Arthritis Awareness Month - National High Blood Pressure Education Month - National Melanoma/Skin Cancer Awareness Month - National Mental Health Month - National Stroke Awareness Month
----	--	---



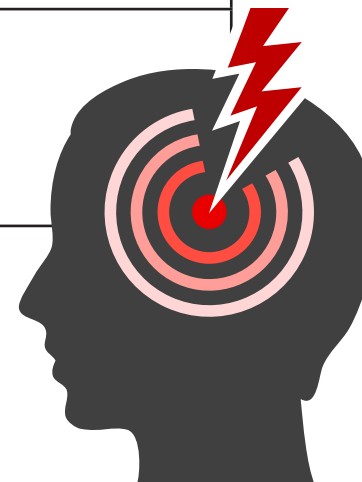
JUNE 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Men's Health Month Poster Eng Span	2 Men's Health Month Flier	3	4	5	6
7	8 Headaches - Know the Types	9 Just Ask bag clipper	10 Brown bag medication review bag stuffer Men's Health Week (10th-16th)	11 Lifetime of Risk Infographic	12 Medication log	13
14	15	16 Check up and Screenings Guidelines for Men Poster	17 Online refill bag clipper	18 Pet Rx bag clipper	19 Wear BLUE Friday	20
21 Father's Day 	22	23	24 National HIV Testing Day	25	26	27
28	29	30				

- [Cataract Awareness Month](#)
- [National Scleroderma Awareness Month](#)
- [Men's Health Month](#)
- [Migraine and Headache Awareness Month](#)
- [National Safety Month](#)



Does your patient's know the difference between tension, migraine, cluster, and other types of headaches? Now is the time to educate them and suggest natural and OTC remedies.



JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Brown bag medication review bag stuffer	2	3 Medication log	4 Independence Day
5	6 Just Ask bag clipper	7	8 Online refill bag clipper	9	10	11
12	13 Back to School immunization flier	14 Pet Rx bag clipper	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



It's allergy season, so display allergy products in the front of the store. Offer free blood pressure checks and tips to honor Blood Pressure Education Month.

- [Fireworks Safety Month](#)
- [UV Safety Month](#)
- [Psoriasis Awareness Month](#)



AUGUST 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



It's back to school time. Remind your patients that your pharmacy offers flu shots and various immunizations to prepare the entire family for the remainder of the year.

						1 Back to School immunization flier
2 National Health Center Week (4th-10th)	3	4 Brown bag medication review bag stuffer	5 Online refill bag clipper	6	7	8
9	10 Pet Rx bag clipper	11 Medication log	12	13	14	15
16	17	18 Just Ask bag clipper	19	20	21	22
23	24	25	26	27	28	29
30	31	<ul style="list-style-type: none"> - National Immunization Awareness Month - Children's Eye Health and Safety Month - National Breastfeeding Month 				



SEPTEMBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Brown bag medication review bag stuffer	2 Pet Rx bag clipper	3 Flu vaccination bag clippers	4 Medication log	5
6	7 Labor Day 	8 Just Ask bag clipper	9	10 Online refill bag clipper	11	12
13 Parent tips for healthy kids	14	15	16	17	18	19
20	21	22	23 Women's Health and Fitness Day	24	25	26 Family Health and Fitness Day Free Resource-Eng Free Resource - Span
27	28	29	30	 <p>This month is full of opportunities to promote your pharmacy's products and services through community partnerships. Celebrate health and fitness by holding an event on cholesterol, pain awareness or healthy aging at a local community center.</p>		

- [Baby Safety Awareness Month](#)
- [Blood Cancer Awareness Month](#)
- [Childhood Cancer Awareness Month](#)
- [Healthy Aging® Month](#)
- [National Childhood Obesity Awareness Month](#)

- [Cholesterol Education Month](#)
- [National Ovarian Cancer Awareness Month](#)
- [National Recovery Month](#)
- [National Sickle Cell Disease Awareness Month](#)
- [Prostate Health Month](#)
- [Pain Awareness Month](#)



OCTOBER 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

SATURDAY

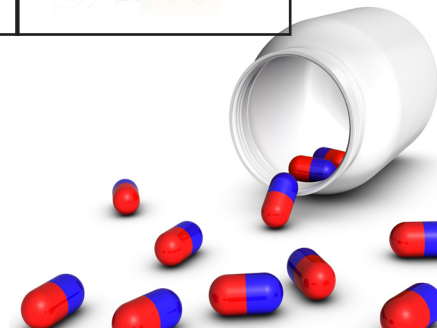


Place promotional bag stuffers and clippers on pharmacy bags to promote services and products in your pharmacy. Reach out to non-adherent patients and schedule consultations to discuss their prescriptions.


				1 <u>Online refill bag clipper</u>	2	3
4	5 <u>Brown bag medication review bag stuffer</u>	6 <u>Flu vaccination bag clippers</u>	7 <u>Pet Rx bag clipper</u>	8 <u>Medication log</u>	9 <u>Just Ask bag clipper</u>	10
11	12	13 <u>Medicare Open Enrollment Starts</u>	14 Boss's Day	15	16	17 Sweetest Day
18 <u>Respiratory Care Week (20th-26th)</u>	19	20 National Pharmacy Technician Day	21	22	23	24
25	26	27	28	29	30	31 Halloween 

- American Pharmacist Month
- Talk About Your Medicines Month
- Children's Health Month
- Health Literacy Month
- Healthy Babies Month
- Healthy Lung Month
- National Breast Cancer Awareness
- National Depression and Mental Health Screening Month
- National Liver Awareness Month
- National Spina Bifida Awareness Month
- National Sudden Infant Death Syndrome (SIDS) Awareness Month

- National Bullying Prevention



NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings	2 Just Ask bag clipper	3 Online refill bag clipper	4 Pet Rx bag clipper	5 Smoking Cessation Incentive Ideas	6 Smoker Letter After Quitting Effects Flier	7 Non-smoker Letter
8 Secondhand Smoke Infographic	9 COPD Resources	10 Risks from Smoking Infographic	11 World COPD Day Veteran's Day 	12 Great American Smokeout	13 Smoker Certificate Non-smoker Certificate	14 Adjust your clocks at Midnight
15	16 Medication log	17 Brown bag medication review bag stuffer	18 Flu vaccination bag clippers	19	20	21 Small Business Saturday 
22	23	24	25	26 Thanksgiving 	27	28

29

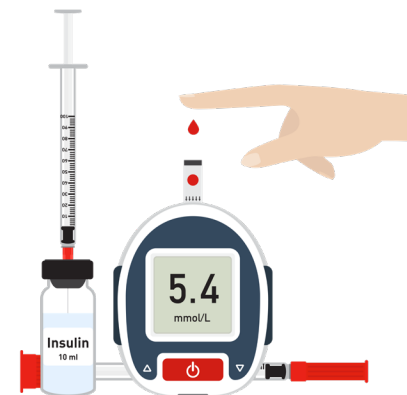
30





Offer diabetes education, clippers and seminars at your pharmacy for current patients and partner with a local community center or non-profit to bring in new patients. Offer H1C level screenings and hold a raffle to give-a-way glucose meters and test strips.

- [American Diabetes Month](#)
- [Diabetic Eye Disease Month](#)
- [Lung Cancer Awareness Month](#)
- [National Family Caregivers Month](#)
- [National Epilepsy Awareness Month](#)
- [COPD Awareness Month](#)

- [National Hospice and Palliative Care Month](#)
- [Pancreatic Cancer Awareness Month](#)
- [Prematurity Awareness Month](#)
- [National Healthy Skin Month](#)
- [National Alzheimer's Disease Awareness Month](#)



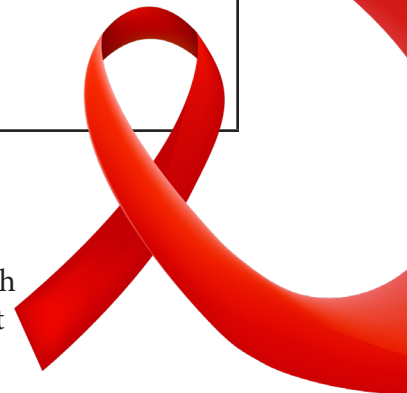
DECEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Influenza Vaccination Week (1st-7th)	1 Handwashing Fliers Handwashing Awareness Week (1st-7th)	2	3	4 Flu vaccination bag clipper	5 Medicare Open Enrollment Ends
6	7 Just Ask bag clipper	8 Online refill bag clipper	9 Pet Rx bag clipper	10 Medication log	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Christmas Day 	26
27	28	29	30	31 New Year's Eve 		

- [International AIDS Awareness Month](#)
- [National Drunk and Drugged Driving Prevention Month](#)
- [Safe Toys and Gifts Month](#)



End the year by giving back to your patients. Send Christmas cards to a few select patients with coupons for front end products. Create a 2020 calendar for patients with your pharmacy's upcoming events, OTC specials, and a list of your services.



Bag Clippers and Stuffers

[Flu vaccination bag clippers](#)

[Just Ask bag clipper](#)

[Brown bag medication review bag stuffer](#)

[Online refill bag clipper](#)

[Pet Rx bag clipper](#)

[Mental Health Payroll Stuffer for Employees](#)

[Stress Awareness Payroll Stuffer for Employees](#)

[Hepatitis B Bag Clipper](#)

Fliers

[Folic Acid and Exercise Flier](#) [Eng](#) | [Span](#)

[Folic Acid and Water Flier](#) [Eng](#) | [Span](#)

[Folic Acid and Veggies Flier](#) [Eng](#) | [Span](#)

[10 Questions to Ask About your Thyroid Health Flier](#)

[Free Handwashing Fliers](#)

[After Quitting Effects Flier](#)

[Men's Health Month Flier](#)

[Stroke and Blood Pressure Flier](#)

[How to Select Sunscreen Flier](#)

[How to protect your skin Flier](#)

[How to Spot Skin Cancer Flier](#)

[Choose My Plate Flier](#) [Eng](#) | [Span](#)

[Reach Your Nutrition Goals Flier](#) [Eng](#) | [Span](#)

[Enjoy your Food, But Eat Less Flier](#) [Eng](#) | [Span](#)

[Dental Health Flier](#)

[10 Things to Know about HPV and Cervical Cancer Flier](#)

[Choosing Whole-Grain Foods Flier](#) [Eng](#) | [Span](#)

[Build a Healthy Meal Flier](#) [Eng](#) | [Span](#)

[An Active Lifestyle Flier](#) [Eng](#) | [Span](#)

[Physical Activity at Home, Work and Play Flier](#)

Posters

[HPV & Cervical Cancer Poster #1](#) | [Poster #2](#)

[Depression - Let's Talk Poster](#)

[Check up and Screenings Guidelines for Women Poster](#)

[Men's Health Month Poster](#) [Eng](#) | [Span](#)

[Check up and Screenings Guidelines for Men Poster](#)

Fact Sheets & Quizzes

[Folic Acid Fact Sheet](#) [Eng](#) | [Span](#)

[Stress Fact Sheet](#)

[Stress Hardiness Quiz](#)

Infographics

[Folic Acid and You Infographic](#)

[Risks from Smoking Infographic](#)

[Secondhand Smoke Infographic](#)

[Lifetime of Risk Infographic](#)

[Vaccines Work Infographic](#)

[5 Vaccine Facts Infographic](#)

Logs

[Medication log](#)

Letters and Certificates

[Smoker Certificate](#)

[Smoker Letter](#)

[Non-smoker Letter](#)

[Non-smoker Certificate](#)

Activities

[Dental Health Activity Sheets](#) [Eng](#) | [Span](#)

[Dental Health Coloring Sheets](#) [Eng](#) | [Span](#)

