

MARCH 2018 – FEBRUARY 2019



2018 Engagement Calendar

Whether it's a national holiday or a coworker's birthday, there's constant opportunity throughout the year to engage employees, show your appreciation, and support your community.

**Celebrate your employees and raise awareness
for health and wellness.**

MARCH 2018



SUN	MON	TUE	WED	THU	FRI	SAT
				1 <i>ZERO DISCRIMINATION DAY</i>	2 <i>DR. SEUSS DAY</i>	3
4	5	6	7	8 <i>INTERNATIONAL WOMEN'S DAY</i>	9 <i>WORLD KIDNEY DAY</i>	10
11 <i>DAYLIGHT SAVINGS BEGINS</i>	12	13 	14	15	16	17 <i>ST PATRICK'S DAY</i>
18	19	20 <i>SPRING BEGINS INTERNATIONAL DAY OF HAPPINESS</i>	21	22 <i>WORLD WATER DAY</i>	23	24
25	26	27 <i>AMERICAN DIABETES DAY</i>	28	29	30	31

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
The Oscars	SUNDAY, MARCH 4	<ul style="list-style-type: none"> • Host an Office Awards party: best healthy lunch, best workout warrior, etc.
March Madness Begins	TUESDAY, MARCH 13	<ul style="list-style-type: none"> • Host a lunchtime basketball game • Compete to see who can consistently make the healthiest choices with a March Madness-style bracket
International Women's Day	MONDAY, MARCH 8	<ul style="list-style-type: none"> • Host a catered lunch and discuss women's experiences in corporate settings • Include women's health resources in regular employee communications
World Water Day	THURSDAY, MARCH 22	<ul style="list-style-type: none"> • Host a water drinking challenge—64 oz a day or replacing a sugary drink with a glass of water

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
American Diabetes Alert Day	TUESDAY, MARCH 27	<ul style="list-style-type: none"> • Include diabetes health resources in regular employee communications • Have healthy sugar alternatives in the office
Women's History Month	ALL MONTH	<ul style="list-style-type: none"> • Email trivia about women's history at 10 AM twice a week—first person to respond correctly receives a Jeans Day sticker or another coupon from the coupon book • Host bimonthly onsite yoga • Spotlight on women's leadership in the organization
National Kidney Month	ALL MONTH	<ul style="list-style-type: none"> • Include kidney health resources in regular employee communications
National Nutrition Month	ALL MONTH	<ul style="list-style-type: none"> • Post healthy eating resources in the kitchen • Host a potluck where everyone brings in their healthy lunch dishes, or host a salad bar • Make an office-wide pledge to reduce sugary drinks and snacks

Other Awareness Notes

National School Breakfast Week	March 6–10
World Kidney Day	March 8
National Women and Girls HIV/AIDS Awareness Day	March 10
Brain Awareness Week	March 13–19
Tsunami Preparedness Week	March 19–27
National Native American HIV/AIDS Awareness Day	March 20
Spring Clean Your Medicine Cabinet Day	March 20
World Down Syndrome Day	March 21
National Poison Prevention Week	March 19–25
World Tuberculosis Day	March 24
Bleeding Disorders Awareness	All Month
National Colorectal Cancer Awareness	All Month
National Endometriosis	All Month

APRIL 2018



SUN	MON	TUE	WED	THU	FRI	SAT
1 EASTER	2 WORLD AUTISM AWARENESS DAY NATIONAL PUBLIC HEALTH WEEK BEGINS	3	4	5	6	7 WORLD HEALTH DAY
8 NATIONAL PUBLIC HEALTH WEEK ENDS	9	10	11	12	13	14
15	16	17 TAX DAY	18	19	20	21
22 EARTH DAY	23 EVERY KID HEALTHY WEEK BEGINS	24	25	26	27 EVERY KID HEALTHY WEEK ENDS	28
29	30					



HIGHLIGHT	DATE	ENGAGEMENT IDEAS
National Public Health week	APRIL 2-8	<ul style="list-style-type: none"> • Volunteer on the Spot during lunch to improve your community's health
Tax Day	TUESDAY, APRIL 17	<ul style="list-style-type: none"> • Offer financial wellness webinars • Host a happy tax day celebration: green frosting cookies/ cake, green vegetables, chocolate coins, etc.
Earth Day	SUNDAY, APRIL 22	<ul style="list-style-type: none"> • Host a drive on Monday where employees bring household items ready for donation (recycling) • Share the volunteer opportunity locator with employees for them to celebrate Earth Day with their families • Get outside and enjoy earth—take employees outside for lunch, walking meetings, or clean up a local park

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Every Kid Healthy Week	APRIL 23-27	<ul style="list-style-type: none"> • Volunteer on the Spot for children in hospitals • Host a school supply drive, complete with school bus decorations, ask people to bring food to donate to children in need
National Minority Health Month	ALL MONTH	<ul style="list-style-type: none"> • Host a lunch-n-learn and invite a speaker from a charity partner to discuss health • Include health resources in regular employee communications • Share charity stories from charity partners in communal office areas

Other Awareness Notes

National Youth HIV and AIDS Awareness Day	April 10
World Immunization Week	April 24-30
Alcohol Awareness	All Month
National Autism Awareness	All Month
National Donate Life	All Month
Oral Cancer Awareness	All Month
Sexual Assault Awareness and Prevention	All Month
Sexual Assault Awareness Month of Action	All Month

MAY 2018



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10 <small>CHILDREN'S MENTAL HEALTH AWARENESS DAY</small>	11	12
13 <small>MOTHER'S DAY NATIONAL WOMEN'S HEALTH WEEK BEGINS</small>	14	15	16	17	18	19 <small>ARMED FORCES DAY NATIONAL WOMEN'S HEALTH WEEK ENDS</small>
20	21	22	23	24	25	26
27	28 <small>MEMORIAL DAY</small>	29	30	31		



HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Children's Mental Health Awareness Day	THURSDAY, MAY 10	<ul style="list-style-type: none"> • Offer corporate-sponsored coupons to local kids-oriented places • Send healthy ideas on having fun with your children
Mother's Day	SUNDAY, MAY 13	<ul style="list-style-type: none"> • Host a Mother's Day brunch the following Monday • Include women's health resources in regular employee communications
National Women's Health Week	MAY 13-19	<ul style="list-style-type: none"> • Host lunch-n-learns with local charity partners on health topics affecting women • Include women's health resources in regular employee communications • Host a healthy potluck or lunchtime yoga • Encourage mom/friend/sister/daughter to get a checkup/physical

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
National Hurricane Preparedness Week	MAY 21-25	<ul style="list-style-type: none"> • Practice disaster office drill/evacuation • Include disaster preparedness resources in regular employee communications: local shelters, necessities, etc.
Memorial Day	MONDAY, MAY 28	<ul style="list-style-type: none"> • Decorate wreaths to bring to Arlington cemetery or another nearby memorial the week before • Assemble care packages for the troops • Raise awareness of veteran health resources • Get out the grill and host a mini barbeque • Have a red, white, and blue dress code “Spirit Day”—the most spirited person gets a coupon and \$50 to donate to a charity of their choice
Arthritis Awareness Month	ALL MONTH	<ul style="list-style-type: none"> • Introduce new ergonomic office resources • Include arthritis health resources in regular employee communications
Global Employee Health and Fitness Month	ALL MONTH	<ul style="list-style-type: none"> • Start an employee team that plays sports outside during lunch • Start an employee team that participates in charity fundraisers (walks, runs, etc.) on behalf of the organization • Hang up a board in the office and encourage employees to leave notes saying their health and fitness plans for the month—motivate and cheer each other on! • Sponsor employee FitBits or step counters • Host employee wellness activities: walking meetings, water drinking challenges, wall of gratitude, etc.
National Physical Fitness and Sports Month	ALL MONTH	<ul style="list-style-type: none"> • Encourage employees to incorporate movement into their days: stretch breaks, walking meetings, water drinking challenges, discounted gym memberships, biweekly kickball or softball games, etc. • Install bike racks so employees can bike to work • Introduce standing desks (or walking desks) for interested employees
Mental Health Month	ALL MONTH	<ul style="list-style-type: none"> • Offer a comfortable space in the office where employees can go to de-stress and take a short break: comfortable chairs, play dough, bubble wrap for popping, healthy snacks, etc. • Host weekly after work yoga—emphasize the connection between physical and mental wellness • Hang a wall of gratitude where employees congratulate and thank their coworkers • Send an anonymous survey to employees asking how workplace culture and stress could be improved • Include mental health resources in regular employee communications

Other Awareness Notes

HIV Vaccine Awareness Day	May 18
National World No Tobacco Day	May 31
ALS Awareness.....	All Month
Melanoma/Skin Cancer Detection and Prevention.....	All Month
Food Allergy Action	All Month

JUNE 2018



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 NATIONAL CANCER SURVIVORS DAY	4	5	6	7	8	9
10	11 MEN'S HEALTH WEEK BEGINS	12	13	14 ARMY BIRTHDAY FLAG DAY	15	16
17 MEN'S HEALTH WEEK ENDS FATHER'S DAY	18	19 WORLD SICKLE CELL DAY	20	21  SUMMER BEGINS	22	23
24	25	26	27	28	29	30

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
National Cancer Survivors day	SUNDAY, JUNE 3	<ul style="list-style-type: none"> Spotlight any survivors in the office—ask people to send in their story the week before Honor any family members of employees who are survivors
Father's Day	SUNDAY, JUNE 17	<ul style="list-style-type: none"> Host a Father's Day brunch the following Monday Include men's health resources in regular employee communications
Alzheimer's and Brain Awareness Month	ALL MONTH	<ul style="list-style-type: none"> Include Alzheimer's health resources in regular communications Host a competition: give employees a Rubik's cube at the beginning of the month, and then later on have a solving competition to see who can do it the fastest Provide other brain stimulating activities: sudoku, crossword puzzles, learning a new language, brain teasers, exercise, etc.

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Men's Health Month <i>Men's Health Week June 11-17</i>	ALL MONTH	<ul style="list-style-type: none"> • Host lunch-n-learns with local charity partners on health topics affecting men • Include men's health resources in regular employee communications • Host a healthy potluck • Encourage dad/friend/brother/son to get a checkup/physical

Other Awareness Notes

World Blood Donor Day.....	June 14
International Day of Yoga.....	June 21
United Nations Public Service Day.....	June 23
International Day Against Drug Abuse and illicit Trafficking.....	June 26
National HIV Testing Day.....	June 27

JULY 2018



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	 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
29	WORLD DAY AGAINST TRAFFICKING IN PERSONS	31				

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Independence Day	WEDNESDAY, JULY 4	<ul style="list-style-type: none"> • Send employees volunteer opportunity locator the week before so they can volunteer on Independence Day with their families • Hold a red, white, and blue spirit competition the Friday before • Host a picnic the Friday before: grill, face painting, karaoke, etc.—sell noise poppers and small American Flags (donation-based) for fundraising for veterans' charities
Juvenile Arthritis Awareness Month	ALL MONTH	<ul style="list-style-type: none"> • Host summer camp activities: run relay races, make bracelets to donate to children in hospitals, etc. (donations go to camps for kids with health challenges)

Other Awareness Notes

World Hepatitis Day July 28
 National Cleft and Craniofacial Awareness All Month

AUGUST 2018



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 COAST GUARD BIRTHDAY
5	6	7	8	9	10	11
12 INTERNATIONAL YOUTH DAY	13	14	15	16	17	18
19 WORLD HUMANITARIAN DAY	20	21	22	23	24	25
26	27	28	29	30	31	



HIGHLIGHT	DATE	ENGAGEMENT IDEAS
International Youth Day	SUNDAY, AUGUST 12	<ul style="list-style-type: none"> Spotlight kids already making a difference (kids health heroes): nominate child/sibling/grandchild—company awards a small scholarship or award to the winner
World Humanitarian Day	SUNDAY, AUGUST 19	<ul style="list-style-type: none"> Spotlight war-torn areas needing help and how charity partners are helping

Other Awareness Notes

Children’s Eye Health and SafetyAll Month
 National BreastfeedingAll Month

SEPTEMBER 2018



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <i>LABOR DAY</i>	4	5	6	7	8
9	10	11 <i>PATRIOT DAY</i>	12	13	14	15 <i>START OF HISPANIC HERITAGE MONTH</i>
16	17	18 <i>AIR FORCE BIRTHDAY</i>	19	20	21	22  <i>FIRST DAY OF FALL</i>
23	24	25	26	27	28	29
30						

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Labor Day	MONDAY, SEPTEMBER 3	<ul style="list-style-type: none"> Provide employees the volunteer opportunity locator the week prior so they can volunteer on Labor Day—encourage them to post their pictures on social and tag your organization
International Day of Charity	WEDNESDAY, SEPTEMBER 5	<ul style="list-style-type: none"> Share stories of impact from charity partners Read company stories of impact to learn how other organizations are connecting with charities
National Suicide Prevention Week <i>World Suicide Prevention Day, September 10</i>	SEPTEMBER 9-15	<ul style="list-style-type: none"> Include mental health resources and anonymous helplines in regular employee communications Promote webinars on mental health awareness in the workplace
Patriot Day	TUESDAY, SEPTEMBER 11	<ul style="list-style-type: none"> Volunteer on the Spot creating care packages for soldiers Write thank you letters to service members and their families

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Start of Hispanic Heritage Month	SATURDAY, SEPTEMBER 15	<ul style="list-style-type: none"> Spotlight Hispanic health heroes in your regular employee communications
Get Ready Day	TUESDAY, SEPTEMBER 18	<ul style="list-style-type: none"> Practice emergency drills in the office Host a speaker from a local charity partner during lunch and discuss emergency preparedness with employees Include disaster health resources in regular employee communications
Childhood Cancer Awareness Month	ALL MONTH	<ul style="list-style-type: none"> Volunteer on the Spot making comfort kits and care packages for children in local hospitals Host a toy drive for children in local hospitals
Fruits and Veggies—More Matters Month	ALL MONTH	<ul style="list-style-type: none"> Host “veggie breaks” once a week, with a vegetable tray and dressing Encourage employees to bring in salads for lunch Provide plant-based recipes in the breakroom Hang healthy eating resources in the office
National Preparedness Month	ALL MONTH	<ul style="list-style-type: none"> Provide resources in case of emergency (food list, nearby shelters, etc.) Follow ready.gov’s weekly September plan for recommendations and hold preparedness meetings for employees: ex. Financial preparedness Practice emergency drills in the office Have a speaker from a local charity partner discuss emergency preparedness with employees
World Alzheimer’s Month	ALL MONTH	<ul style="list-style-type: none"> Play individual and group brain games Include Alzheimer’s health resources in regular employee communications Wear purple day: company donates \$2 to a charity partner for every employee wearing purple OR employees wear purple and post on social media Keep brain stimulating toys and activities in the office: sudoku, crossword puzzles, brain teasers, etc.

Other Awareness Notes

National HIV/AIDS and Aging Awareness Day	September 18
National Women's Health and Fitness Day	September 26
World Heart Day	September 29
Healthy Aging	All Month
National Childhood Obesity Awareness	All Month
National Recovery	All Month
Newborn Screening Awareness	All Month
Pain Awareness	All Month
Prostate Cancer Awareness	All Month
National Endometriosis	All Month
Suicide Prevention Awareness	All Month

OCTOBER 2018



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8 COLUMBUS DAY	9	10 WORLD MENTAL HEALTH DAY	11	12	13 NAVY BIRTHDAY
14	15	16 WORLD FOOD DAY	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31  HALLOWEEN			

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
World Mental Health Day	WEDNESDAY, OCTOBER 10	<ul style="list-style-type: none"> • Provide opportunities for stress relief at work: hourly stress relief, brain teasers for breaks, healthy snack options in the lunchrooms, walking meetings, etc. • Host a stress relief at work station: Play-Doh, bubble wrap, crossword puzzles, healthy snacks, etc. • Encourage everyone to take the same lunch break—encourage friendship/team building • Include mental health resources and WriteCause in regular employee communications
Respiratory Care Week	OCTOBER 21–27	<ul style="list-style-type: none"> • Encourage walking meetings to promote lung health • Include resources on quitting smoking and lung health in regular employee communications

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Halloween	WEDNESDAY, OCTOBER 31	<ul style="list-style-type: none"> • Host costume for a cause: employees compete in a costume contest, the winner gets \$50 to donate to the charity partner of their choice • Leave healthy snacks with positive messages/ thank you message on employee desks
National Breast Cancer Awareness Month	ALL MONTH	<ul style="list-style-type: none"> • Include women's health resources in regular employee communications • Spotlight survivors—share stories of impact from charity partners and employees, decorate office pink • Host a speaker from a local charity partner to discuss women's health and breast cancer (engage male employees too— affects moms, sisters, wives, daughters, friends, etc.)
National Bullying Prevention Month	ALL MONTH	<ul style="list-style-type: none"> • Host fun team building activities: egg carrying contests, Frisbee golf, building competitions, etc. • Include anti-bullying resources in regular employee communications

Other Awareness Notes

International Day of Older Persons.....	October 1
National Depression Screening Day.....	October 11
Metastatic Breast Cancer Awareness Day.....	October 13
World Food Day.....	October 16
World Pediatric Bone and Joint Day.....	October 19
Red Ribbon Week.....	October 23–31
Domestic Violence Awareness.....	All Month
National Down Syndrome Awareness.....	All Month
National Cardiac Arrest Awareness.....	All Month
Sudden Infant Death Syndrome Awareness.....	All Month
National Disability Employment Awareness.....	All Month

NOVEMBER 2018



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10 MARINE CORPS BIRTHDAY
11 VETERAN'S DAY	12	13	14 WORLD DIABETES DAY	15 GREAT AMERICAN SMOKEOUT	16	17
18	19	20 UNIVERSAL CHILDREN'S DAY	21	22 	23	24
25	26	27	28 GIVING TUESDAY	29	30	

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Veteran's Day	SUNDAY, NOVEMBER 11	<ul style="list-style-type: none"> • Host a small memorial for veterans during lunch the following week • Review the Volunteer on the Spot guide to support veterans and caregivers • Share veterans' stories from charity partner sites, encourage any veterans in the office to share their stories as well
Universal Children's Day	TUESDAY, NOVEMBER 20	<ul style="list-style-type: none"> • Review the Volunteer on the Spot guide to support children in long-term hospital stays and homeless shelters
Thanksgiving	THURSDAY, NOVEMBER 22	<ul style="list-style-type: none"> • Distribute the Volunteer on the Spot guide the Tuesday before to give thanks through volunteering • Share volunteer opportunity locator with employees so they can volunteer during the holiday • Create Thanksgiving-themed gift baskets for local hospitals and homeless shelters

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
National Family History Day	THURSDAY, NOVEMBER 22	<ul style="list-style-type: none"> • Encourage employees to celebrate their families on Thanksgiving and seek out health history
Giving Tuesday	TUESDAY, NOVEMBER 28	<ul style="list-style-type: none"> • Promote #GivingTuesday all November • Compete in Community Health Charities' #HealthySelfie competition
American Diabetes Month	ALL MONTH	<ul style="list-style-type: none"> • Include diabetes health resources in regular employee communications • Offer healthy sugar alternatives in the office and weekly healthy snacks • Share stories of people affected by diabetes in regular employee communications
National Alzheimer's Disease Awareness Month	ALL MONTH	<ul style="list-style-type: none"> • Wear purple for Alzheimer's Spirit Day—if most of office wears purple, company donates to an Alzheimer's charity partner • Post purple pics of the office on social and tag Alzheimer's Association and Community Health Charities • Include Alzheimer's resources and statistics to employees in regular employee communications
National Native American Heritage Month	ALL MONTH	<ul style="list-style-type: none"> • Spotlight Native American health heroes • Include Native American health resources in regular employee communications

Other Awareness Notes

International Survivors of Suicide Day	November 17
International Day for the Elimination of Violence Against Women	November 25
Bladder Health.....	All Month
COPD Awareness	All Month
Diabetic Disease	All Month
Lung Cancer Awareness	All Month
National Family Caregivers	All Month
National Healthy Skin.....	All Month
National Hospice and Palliative Care.....	All Month
Stomach Cancer Awareness	All Month

DECEMBER 2018



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
					PEARL HARBOR DAY	
9	10	11	12	13	14	15
	HUMAN RIGHTS DAY			NATIONAL GUARD BIRTHDAY		
16	17	18	19	20	21	22
					FIRST DAY OF WINTER	
23	24	25	26	27	28	29
30	31					
	NEW YEAR'S EVE	CHRISTMAS DAY				

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Christmas Day	TUESDAY, DECEMBER 25	<ul style="list-style-type: none"> • Host an ugly sweater contest: vote on the ugliest holiday sweater and give the winner Host costume for a cause: Employees compete in a costume contest, the winner gets \$50 to donate to the charity partner of their choice • Hold a cookie decorating contest • Host a food/toy drive in the office for local homeless shelters, transitional housing, hospitals, etc.
New Year's Eve	MONDAY, DECEMBER 31	<ul style="list-style-type: none"> • Hang an office resolutions board: create office-wide health and wellness resolutions for 2019

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Holiday Season/End Of Year	ALL MONTH	<ul style="list-style-type: none"> • Host a toy drive for children in hospitals during the holiday season • Make a charitable donation in lieu of a holiday party (have employees vote on where the company is designating the money) • Host a holiday party: ask employees to support a charity partner rather than a gift exchange • Include the volunteer opportunity locator and 5 Ways To Give Back Without Breaking The Bank This Holiday Season in regular employee communications • Host a food/toy drive in the office for local homeless shelters, transitional housing, hospitals, etc. • Review the Volunteer on the Spot guide to support those in need during the holiday season

Other Awareness Notes

World AIDS Day [December 1](#)

International Day of Persons With Disabilities [December 3](#)

JANUARY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
		1 NEW YEAR'S DAY	2	3	4	5
6	7	8	9	10	11	12
13	14	15  MLK'S BIRTHDAY	16	17	18	19
20	21	22 NATIONAL DRUGS AND ALCOHOL FACTS WEEK BEGINS	23	24	25	26
27 NATIONAL DRUGS AND ALCOHOL FACTS WEEK ENDS	28	29	30	31		

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
New Year's Day	TUESDAY, JANUARY 1	<ul style="list-style-type: none"> Support healthy lifestyle resolutions: provide healthy snacks and healthy eating resources in the lunchroom, promote biweekly walking meetings host a water drinking challenge, host Friday afternoon kickball games, etc.—utilize the Tools for Engagement Guide to encourage participation Start an employee sports team or team who participates in charity fundraisers (walking, running, etc.)
Golden Globes/ Critics Choice Awards/ The Grammys	TBD	<ul style="list-style-type: none"> Host an employee awards ceremony complete with nominations, thank you speeches, and popcorn
National Drugs and Alcohol Facts Week	JANUARY 22-27	<ul style="list-style-type: none"> Volunteer to support people hospitalized for addiction Include addiction resources in regular employee communications

Other Awareness Notes

Cervical Health Awareness.....	All Month
National Birth Defect Prevention	All Month
National Glaucoma Awareness.....	All Month
Thyroid Awareness.....	All Month
National Slavery and Human Trafficking Prevention.....	All Month
National Stalking Awareness.....	All Month

FEBRUARY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
					1 NATIONAL WEAR RED DAY	2 GROUNDHOG DAY
3	4 WORLD CANCER DAY	5 LUNAR/CHINESE NEW YEAR	6	7	8	9
10	11	12	13 MARDI GRAS	14 VALENTINE'S DAY	15	16
17	18 PRESIDENT'S DAY	19	20	21	22	23
24	25	26	27	28		



HIGHLIGHT	DATE	ENGAGEMENT IDEAS
National Wear Red Day	FRIDAY, FEBRUARY 1	<ul style="list-style-type: none"> Host a wear red challenge: challenge employees to dress in their most spirited red outfits and decorate their cubicles red—winner gets a weekday workout coupon and a heart healthy basket
Groundhog Day	SATURDAY, FEBRUARY 2	<ul style="list-style-type: none"> Start office-wide healthy habits that can be done over and over again: replacing one sugary drink a day with water, bringing your lunch instead of purchasing it, taking stretch breaks throughout the day, etc.
Super Bowl	SUNDAY, FEBRUARY 3	<ul style="list-style-type: none"> Host a Sports Day: everyone wears jerseys for their favorite team, hold a potluck of healthy sports snacks, challenge employees to a paper football tournament, the winner gets \$50 to donate to charity partner of their choice
World Cancer Day	MONDAY, FEBRUARY 4	<ul style="list-style-type: none"> Include cancer health resources in regular employee communications Host a speaker from a cancer-focused charity partner

HIGHLIGHT	DATE	ENGAGEMENT IDEAS
Valentine's Day	THURSDAY, FEBRUARY 14	<ul style="list-style-type: none"> • Encourage employees to bring a heart healthy lunch • Get heartrates up: walking meetings, jumping jack competition, etc. • Review the Volunteer On The Spot guide and write Valentine's Day cards for kids in hospitals • Place "We Heart Our Employees" Valentine's Day cards and healthy snacks/candy on employee desks
President's Day	TUESDAY, FEBRUARY 19	<ul style="list-style-type: none"> • Lead by example and have the organization's president lead a volunteer opportunity with employees
African American History Month	ALL MONTH	<ul style="list-style-type: none"> • Spotlight African American health heroes in regular employee communications
American Heart Month	ALL MONTH	<ul style="list-style-type: none"> • Include heart health resources in regular employee communications • Host a heart healthy potluck • Sponsor employee Fitbits or other fitness trackers and hold a month long step contest—keep a board with employee stats in the lunchroom

Other Awareness Notes

- Congenital Heart Defect Awareness Week..... [February 7-14](#)
- National Donor Day..... [February 14](#)
- World Day of Social Justice..... [February 20](#)
- National Heart Valve Disease Awareness Day..... [February 22](#)