



2020 National Holiday & Health Observance Calendar

January

- **Family Fit Lifestyle Month**
- **Healthy Weight Week** (3rd week of January)

February

- [American Heart Month](#)
- [National Cancer Prevention Month](#)
- [National Canned Food Month](#)
- **National Snack Food Month**
- [America Saves Week](#) (February 24-29, 2020)
- [National Wear Red Day](#) (February 1st)
- [World Cancer Day](#) (February 4, 2020)

March

- [National Colorectal Cancer Awareness Month](#)
- [National Kidney Month](#)
- [National Nutrition Month](#)
- [National Frozen Food Month](#)
- **Save Your Vision Month**
- **Workplace Eye Wellness Month**
- **World Salt Awareness Week** (March 9-15, 2020)
- [National Sleep Awareness Week](#)
- [World Kidney Day](#) (March 12, 2020)
- [World Sleep Day](#) (March 13, 2020)
- [World Water Day](#) (March 22, 2020)
- [American Diabetes Alert Day](#) (4th Tuesday in March - March 24, 2020)

April

- [National Minority Health Month](#)
- [National Garden Month](#)
- **National Cancer Control Month**
 - [How to Prevent Cancer or Find It Early](#) (CDC)
 - [Stay Healthy](#) (American Cancer Society)
- [Occupational Therapy Month](#)
- [Stress Awareness Month](#)

- The American Institute of Stress
- **Sports Eye Safety Awareness Month**
- **Women's Eye Health and Safety Month**
- **National Public Health Week** (April 6-12, 2020)
- **World Immunization Week** (April 24-30, 2020)
- **World Health Day** (April 7th)
- **Earth Day** (April 22, 2020)

May

- **Food Allergy Awareness Month**
- **Arthritis Awareness Month**
- **Better Sleep Month**
- **Global Employee Health and Fitness Month**
- **Healthy Vision Month**
- **High Blood Pressure Education Month**
- **International Mediterranean Diet Month**
- **Mental Health Month**
- **National Osteoporosis Month**
- **National Physical Fitness and Sports Month**
- **National Salad Month**
- **National Stroke Awareness Month**
- **Skin Cancer Prevention Month**®
- **Food Allergy Awareness Week** (May 10-17, 2020)
- **National Physical Education & Sport Week**
- **Screen-Free Week** (1st week in May)
- **National Women's Health Week** (May 10-16, 2020)
- **Bike to School Day** (May 6th)
- **International No Diet Day** (May 6, 2020)
- **Don't Fry Day** (Friday before Memorial Day – May 22nd)
- **Brown-Bag-It Day** (May 25, 2020)
- **National Senior Health & Fitness Day**® (Wednesday, May 27, 2020)
- **Heat Safety Awareness Day** (May 31st)
- **World No Tobacco Day** (Sunday, May 31st)

June

- **Alzheimer's & Brain Awareness Month**
- **Great Outdoors Month**
- **Men's Health Month**
- **National Fresh Fruit and Vegetable Month**
- **National Safety Month**
- **Men's Health Week** (June 10th-16th)
- **National Garden Week** (June 7-13, 2020)
- **National Herbs & Spices Day** (June 10, 2020)
- **Family Health & Fitness Day USA**® (June 13, 2020)
- **National Eat Your Vegetables Day** (June 17th)

July

- [Park and Recreation Month](#)
- [UV Safety Month](#)

August

- [National Health Center Week](#) (August 9-15, 2020)
- [National Farmers Market Week](#) (1st full week of August)

September

- [Better Breakfast Month](#)
- [Family Meals Month](#)
- [Healthy Aging[®] Month](#)
- [National Food Safety Education Month](#)
- [National Fruits & Veggies Month](#)
- [National Yoga Awareness Month](#)
- [Whole Grains Month](#)
- [National Suicide Prevention Week](#) (September 6th–12th)
- [World Suicide Prevention Day](#) (Thursday, September 10th)
- [National Women's Health & Fitness Day](#) (last Wednesday in September)
- [World Heart Day](#) (Tuesday, September 29th)
- [Better Breakfast Day](#) (September 26th)

October

- [Eat Better, Eat Together Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Physical Therapy Month](#)
- [Mental Illness Awareness Week](#) (Sunday, October 4th – Saturday, October 10th)
- [Bone and Joint Health Action Week](#) (October 12-20)
- [National Health Education Week](#) (October 20-24, 2020)
- [Walk to School Day](#) (1st Wednesday in October)
- [National Depression Screening Day](#) (October 8, 2020)

November

- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Disease Awareness Month](#)
- [Great American Smokeout](#) (3rd Thursday in November)
- [World Diabetes Day](#) (November 14th)
- [National Clean Out Your Refrigerator Day](#) (November 15th)
- [National Take a Hike Day](#) (November 17th)

December

- [National Influenza Vaccination Week](#)
- [National Handwashing Awareness Week](#) (1st week of December)

Sources:

<https://www.welcoa.org/health-observances/>