

2019 Wellness Calendar

HEALTH AND WELLNESS
OBSERVANCES AT A GLANCE



FutureHealth



January

Blood Donor Month

Cervical Health Awareness Month

Glaucoma Awareness Month

Thyroid Health Awareness Month

20-26 Healthy Weight Week

22-27 National Drug and Alcohol Facts Week

27 World Leprosy Day

*"Our greatest glory is
not never falling, but
in rising every time
we fall"*
- Confucius

**Recipe of the Month-
White Bean and
Chicken Chili**

February

American Heart Month

Teen Dating Violence Awareness Month

Children's Dental Health Awareness Month

International Prenatal Infection Prevention Month

African Heritage and Health Week (first week)

7-14 Congenital Heart Defect Awareness Week

3-9 Burn Awareness Week

24-3 National Eating Disorders Awareness Week

1 National Wear Red Day

4 World Cancer Day

9 National Toothache Day

14 National Donor Day

28 Rare Disease Day

*"All of our dreams can
come true, if we have
the courage to pursue
them"*

- Walt Disney

**Recipe of the Month -
Teriyaki Marinated
Chicken**

March

Bleeding Disorders Awareness Month

National Colorectal Cancer Awareness Month

National Nutrition Month

National Endometriosis Awareness Month

National Kidney Month

Workplace Eye Wellness Month

Problem Gambling Awareness Month

11-17 National Sleep Awareness Week

4-8 National School Breakfast Week

11-17 Brain Awareness Week

18-24 National Poison Prevention Week

14 World Kidney Day

10 National Women and Girls HIV/AIDS Awareness Day

26 American Diabetes Alert Day

*"Everything you've ever
wanted is on the other
side of fear"*

- George Addair

**Recipe of the Month -
Whole-Wheat Irish
Soda Bread**

April

Alcohol Awareness Month
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
National Distracted Driving Awareness Month
National Donate Life Month
National Interprofessional Health Care Month
Occupational Therapy Month
Oral Cancer Awareness Month
Sexual Assault Awareness and Prevention Month
Sexual Assault Awareness Month of Action
STI Awareness Month
Women's Eye Health and Safety Month
7 - 13 National Public Health Week
3 Sexual Assault Awareness Day of Action
5 National Alcohol Screening Day ®
7 World Health Day
15 RAINN Day

*"Success is not final,
failure is not fatal: it is
the courage to continue
that counts"*

- Winston Churchill

**Recipe of the Month -
Asparagus Salad
Topped with Poached
Eggs**

May

Mental Health Month

Global Employee Health and Fitness Month

International Mediterranean Diet Month

Melanoma/Skin Cancer Detection and Prevention Month

National Physical Fitness and Sports Month

National Teen Pregnancy Prevention Month

1 - 7 National Physical Education & Sport Week

2 - 8 Children's Mental Health Awareness Week

**13 - 19 National Alcohol- and Other Drug-Related
Birth Defects Awareness Week**

13 - 19 National Women's Health Week

21 - 25 Healthy and Safe Swimming Week

5 Hand Hygiene Day

9 Walk and Bike to School Day

18 HIV Vaccine Awareness Day

25 Heat Safety Awareness Day

31 National Senior Health & Fitness Day

31 World No Tobacco Day

*"Hardships often
prepare ordinary people
for an extraordinary
destiny"*

- C.S. Lewis

**Recipe of the Month -
Fish Tacos with
Cilantro Lime Dressing**

June

Fireworks Safety Month

Alzheimer's & Brain Awareness Month

Men's Health Month

National Migraine & Headache Awareness Month

National Safety Month

10 - 16 Men's Health Week

23 - 29 National Lightning Safety Awareness Week

2 National Cancer Survivors

19 World Sickle Cell Day

27 National HIV Testing Day

*"Believe on yourself.
You are braver than you
think, more talented
than you know, and
capable of more than
you imagine"
- Roy T. Bennett*

**Recipe of the Month -
Steak Fajitas**

July

Cord Blood Awareness Month

International Group B Strep Awareness Month

Juvenile Arthritis Awareness Month

National Cleft & Craniofacial Awareness &
Prevention Month

15 - 21 National Youth Sports Week

28 World Hepatitis Day

*"Definitions of
purpose is the
starting point of all
achievement"*
- W. Clement Stone

**Recipe of the Month -
Banana Ice Cream**



August

Children's Eye Health and Safety Month

Digestive Tract Paralysis Awareness Month

Gastroparesis Awareness Month

National Breastfeeding Month

National Immunization Awareness Month

Psoriasis Awareness Month

1 - 8 World Breastfeeding Week

4 -10 National Health Center Week

19 - 23 Contact Lens Health Week

"If you believe it will work out, you'll see opportunities. If you believe it won't, you will see obstacles"
- Wayne Dyer

**Recipe of the Month -
Mediterranean Summer
Salad**

September

Childhood Cancer Awareness Month
Fruits & Veggies - More Matters Month
Healthy Aging Month
National Childhood Obesity Awareness Month
National Food Safety Education Month
National Recovery Month
National Traumatic Brain Injury Awareness Month
National Yoga Awareness Month
Pain Awareness Month
Sexual Health Awareness Month
8 - 14 National Suicide Prevention Week
15 - 21 National Farm Safety & Health Week
23 - 27 Malnutrition Awareness Week
10 World Suicide Prevention Day
25 National Women's Health & Fitness Day
27 Sport Purple for Platelets Day
29 World Heart Day

*"Believe you can
and you're
halfway there"*
- Theodore
Roosevelt

**Recipe of the Month -
Eggplant Parmesan**

October

Domestic Violence Awareness Month

Eye Injury Prevention Month

Health Literacy Month

International Walk to School Month

National Breast Cancer Awareness Month

National Bullying Prevention Month

National Physical Therapy Month

1 - 5 National Primary Care Week

6 - 12 Mental Illness Awareness Week

13 - 19 International Infection Prevention Week

21 - 25 National Health Education Week

20 - 26 National Healthcare Quality Week

11 National Depression Screening Day

16 World Food Day

19 World Pediatric Bone and Joint Day

21 Check Your Meds Day

29 World Psoriasis Day

"Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change"
- Unknown

**Recipe of the Month -
Zuppa di Pesce**

November

American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Alzheimer's Disease Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Hospice and Palliative Care Month
Stomach Cancer Awareness Month
12 - 18 U.S. Antibiotic Awareness Week
17 - 23 Gastroesophageal Reflux Disease
Awareness Week
9 National Diabetes Heart Connection Day
23 International Survivors of Suicide Loss Day
28 National Family Health History Day

*"Perseverance is the
hard work you do
after you get tired of
doing the hard work
you already did"*
- Newt Gingrich

**Recipe of the Month -
Sweet Potato
Casserole**

December

Safe Toys and Celebrations Month

1 - 7 National Influenza Vaccination Week

2 - 8 National Handwashing Awareness Week

1 World AIDS Day



"I am not a product of my circumstances. I am a product of my decisions"
- Stephen Covey

**Recipe of the Month -
Roasted Spaghetti
Squash**