

# 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



#### 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 Lightening 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



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 Week28 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



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

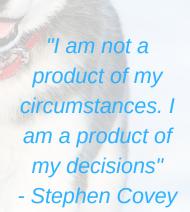
"Perseverance is the hard work you do after you get tired of doing the hard work you already did"
- Newt Gingrich

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



Recipe of the Month -Roasted Spaghetti Squash