



National
Wellness
Institute

2021

HEALTH & WELLNESS
OBSERVANCES CALENDAR

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



AMD/Low Vision Awareness Month

Prevent Blindness America

preventblindness.org

American Heart Month

Contact your local chapter of the American Heart Association

americanheart.org

AHA National Center

cdc.gov

National Cancer Prevention Month

American Institute for Cancer Research

aicr.org

American Cancer Society

cancer.org

National Children's Dental Health Month

American Dental Association

ada.org

National Condom Month

American Sexual Health Association

ashsexualhealth.org

Wise Health Consumer Month

American Institute for Preventive Medicine

healthylife.com

February 3

National Women Physicians Day

American Medical Women's Association

amwa-doc.org

February 5

National Wear Red Day

Go Red For Women Cause Initiatives

American Heart Association National Center

goredforwomen.org

February 11

International Day of Women and Girls in Science

United Nations

un.org

February 14

National Organ Donor Day

Donate Life America

donatelife.net

February 14 - 20

National Cardiac Rehabilitation Week

AACVPR Office

aacvpr.org

February 22 (Same date each year)

World Thinking Day

World Association of Girl Guides and Girl Scouts

worldthinkingday.org

February 21 - 27

National Eating Disorder Awareness Week

National Eating Disorders Association (NEDA)

nationaleatingdisorders.org

Notes

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



American Red Cross Month

American Red Cross, National Headquarters
or contact your local chapter
redcross.org

Brain Injury Awareness Month

Brain Injury Association of America
biausa.org

Hemophilia Month

National Hemophilia Foundation
hemophilia.org

National Colorectal Awareness Month

Prevent Cancer Foundation
preventcancer.org/colorectal

National Developmental Disabilities Awareness Month

The Arc of the United States
thearc.org

National Eye Donor Month

EBAA, Eye Bank Association of America
restoresight.org

National Kidney Month

National Kidney Foundation
kidney.org

National Nutrition Month

Academy of Nutrition and Dietetics
eatright.org

National Problem Gambling Awareness Month

The National Council on Problem Gambling, Inc.
ncpgambling.org

National Professional Social Work Month

National Association of Social Workers
socialworkers.org

Save Your Vision Month

American Optometric Association
aoa.org

Workplace Eye Wellness Month

Prevent Blindness America
preventblindness.org

National Athletic Training Month

National Athletic Training Association
nata.org

March 7 – 12

Aplastic Anemia and MDS Week

Aplastic Anemia and MDS International Foundation
aamds.org

March 7 – 13 (week before daylight savings time)

National Sleep Awareness Week

National Sleep Foundation
sleepfoundation.org

March 1 – 5

National School Breakfast Week

School Nutrition Association
schoolnutrition.org

March 14 – 20

National Pulmonary Rehabilitation Week

American Association of Cardiovascular and Pulmonary Rehabilitation
aacvpr.org

March 21 – 27 (third week in March)

National Poison Prevention Week

American Association of Poison Control Centers
aapcc.org

March 20 (same date each year)

National Native HIV/AIDS Awareness Day

hiv.gov

March 22 (same date each year)

World Water Day

UN Water
unwater.org

March 23 (fourth Tuesday in March)

American Diabetes Alert Day

American Diabetes Association
diabetes.org

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National Alcohol Awareness Month

alcohol.org

National Autism Awareness Month

Autism Society

autism-society.org

National Cancer Control Month

Contact your local chapter or

American Cancer Society

cancer.org

National Child Abuse Prevention Month

Prevent Child Abuse America

preventchildabuse.org

Child Welfare Information Gateway

Children's Bureau/ACYF

childwelfare.gov

Counseling Awareness Month

American Counseling Association (ACA)

counseling.org

National Donate Life Month

HRSA Information Center

organdonor.gov

Stress Awareness Month

American Counseling Association (ACA)

counseling.org

National Humor Month

Association for Applied and Therapeutic Humor

aath.org

National Minority Health & Health Disparities Month

Office of Minority Health Resource Center

minorityhealth.hhs.gov

National Occupational Therapy Month

The American Occupational Therapy Association

aota.org

Sexual Assault Awareness Month

National Sexual Violence Resource Center

nsvrc.org

Women's Eye Health and Safety Month

Prevent Blindness America

preventblindness.org

Testicular Cancer Awareness Month

testicularcancerawarenessmonth.com

March 29 - April 2

National Youth Violence Prevention Week

National Association of SAVE

nationalsave.org

April 7 (first Wednesday of April)

National Day of Hope

Childhelp

childhelp.org

April 5 - 11

National Public Health Week

American Public Health Association

nphw.org

April 7 (same date each year)

World Health Day

World Health Organization

who.org

April 5

National Alcohol Screening Day

Help Yourself. Help Others.

helpyourselfhelpothers.org

April 14 (same date annually)

International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor

izzyg.com

April 16 (same date annually)

National Healthcare Decisions Day

nhdd.org

April 16 - 18

Global Youth Service Day

Youth Service America

gysd.org

APRIL CONTINUED >

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



Asthma and Allergy Awareness Month

Allergy and Asthma Foundation of America
aafa.org

Better Sleep Month

The Better Sleep Council
bettersleep.org

Building Safety Month

International Code Council
iccsafe.org

Correct Posture Month

American Chiropractic Association
acatoday.org

Healthy Vision Month

National Eye Institute
nei.nih.gov/hvm

Hepatitis Awareness Month

American Liver Foundation
liverfoundation.org

Huntington's Disease Awareness Month

Huntington's Disease Society of America
hdsa.org

Lupus Awareness Month

Lupus Foundation of America, Inc.
lupus.org

National Arthritis Month

Arthritis Foundation
arthritis.org

National Bike Month

League of American Bicyclists
bikeleague.org

National High Blood Pressure Education Month

NHLBI Information Center
nhlbi.nih.gov

National Melanoma/Skin Cancer Awareness Month

American Academy of Dermatology
aad.org
American Cancer Society
skincancer.org

National Mental Health Month

Mental Health America
mhanational.org

National Osteoporosis Month

National Osteoporosis Foundation
nof.org

National Physical Fitness and Sports Month

President's Council on Fitness, Sports, and Nutrition
fitness.gov

National Stroke Awareness Month

National Stroke Association
stroke.org

National Teen Pregnancy Prevention Month

Advocates for Youth
advocatesforyouth.org

Older Americans Month

U.S. Dept. of Health and Human Services
Administration for Community Living
acl.gov

MAY CONTINUED >

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



May 1 – 7 (same dates annually)

National Physical Education and Sports Week

National Association for Sport and Physical Education

shapeamerica.org

May 2 – 8 (first full week in May)

Be Kind to Animals Week

Humane Canada

humanecanada.ca

American Humane

americanhumane.org

May 2 – 8 (first full week in May)

North American Occupational Safety and Health Week (NAOSH)

American Society of Safety Engineers

asse.org/naosh

May 5 (first Wednesday in May)

Project Aces Day (All Children Exercise Simultaneously)

Youth Fitness Coalition, Inc.

projectaces.com

May 6 – 12 (same dates each year)

National Nurses Week

American Nurses Association

nursingworld.org

May 8 (same date annually)

World Red Cross/Red Crescent Day

American Red Cross

redcross.org

May 8

World Fair Trade Day

World Fair Trade Association (WFTO)

wfto.com

May 9 – 15 (Mother's Day week)

National Nursing Home Week

American Health Care Association

nhw.org

May 9 – 15 (Mother's Day week)

Women's Health Week

Office on Women's Health

Department of Health and Human Services

cdc.gov/women

May 10 – 16 (week of Florence Nightingale's birthday, May 12)

National Hospital and Healthcare Week

American Hospital Association

aha.org

May 11 – 17

Bike to Work Week

League of American Bicyclists

bikeleague.org

May 12 (Wednesday during National Nurses Week)

School Nurse Day

nasn.org

May 15

Bike to Work Day

League of American Bicyclists

bikeleague.org

May 18 – 24

National Volunteer Week – Australia

Volunteering Australia

volunteeringaustralia.org

May 20

World Autoimmune/Autoinflammatory Arthritis Day (World AiArthritis Day)

International Foundation for Autoimmune

& Autoinflammatory Arthritis (IFAA)

facebook.com/AiArthritisDay

May 26 (last Wednesday in May)

National Senior Health & Fitness Day

health.gov

May 31

World No Tobacco Day

World Health Organization

who.org

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Cataract Awareness Month

Prevent Blindness America

preventblindness.org

National Great Outdoors Month

National Park Service

nps.gov

National Safety Month

National Safety Council

nsc.org

National Scleroderma Awareness Month

United Scleroderma Foundation, Inc.

scleroderma.org

Men's Health Month

menshealthmonth.org

Migraine and Headache Awareness Month

National Headache Foundation

headaches.org

PTSD Awareness Month

U.S. Department of Veterans Affairs

ptsd.va.gov

June 5 (same date annually)

World Environment Day

United Nations Environment

worldenvironmentday.global

June 5 (first Saturday in June)

National Trails Day

American Hiking Society

americanhiking.org

June 6-12 (first full week in June)

Community Health Improvement Week

American Hospital Association

aha.org

June 6 (first Sunday in June)

National Cancer Survivors Day

National Cancer Survivors Day Foundation

ncsdf.org

June 13 (second Sunday in June)

National Children's Day

nationalchildrensday.us

June 14 - 20 (ending with Father's Day)

Men's Health Week

Men's Health Network

menshealthweek.org

June 14 (same date annually)

World Blood Donor Day

World Health Organization

who.int

June 26

Family Health & Fitness Day

National Recreation and Park Association

nrpa.org

June 27 (same date annually)

National HIV Testing Day

aids.gov

June 27

National PTSD Awareness Day

U.S. Department of Veterans Affairs

ptsd.va.gov

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



JULY

National Park and Recreation Month
National Recreation and Park Association
nrpa.org

UV Safety Month
American Academy of Ophthalmology
aao.org

August

Children's Eye Health and Safety Month
American Academy of Ophthalmology
aao.org

Medic Alert Awareness Month
medicalert.org

National Breastfeeding Month
United States Breastfeeding Committee
usbreastfeeding.org/

National Immunization Awareness Month
Center for Disease Control & Prevention
cdc.gov/vaccines

July 11 - 17
EveryBody Deserves a Massage Week
Associated Bodywork & Massage Professionals
abmp.com

July 18 - 24 (3rd Week in July)
Captive Nations Week
whitehouse.gov

July 28 - 30
46th Annual National Wellness Conference
National Wellness Institute
nationalwellness.org/Conference

August 1 - 7 (same dates annually)
World Breastfeeding Week
La Leche League International
llli.org

August 3
National Night Out
National Association of Town Watch
natw.org

August 9 (same date annually)
International Day of the World's Indigenous People
United Nations
un.org

August 8 - 14 (second week in August)
National Health Center Week
National Association of Community Health Centers, Inc.
healthcenterweek.org

August 30
National Grief Awareness Day
nationalgriefawarenessweek.org

Notes

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Alzheimer's Association Memory Walk

Dates vary depending location. Contact your local Alzheimer's Association or visit

alz.org

Baby Safety Awareness Month

Juvenile Product Manufacturers Association

jpma.org

Biodiversity Month

Dept. of the Environment and Heritage Australia

environment.gov.au/biodiversity

Blood Cancer Awareness Month

Leukemia and Lymphoma Society of America

lls.org

Childhood Cancer Awareness Month

CureSearch for Children's Cancer

curesearch.org

Fruit & Veggies - More Matters® Month

Produce for Better health Foundation

fruitsandveggies.org

Healthy Aging® Month

Healthy Aging Campaign

Educational Television Network, Inc.

healthyaging.net

National Recovery Month

Substance Abuse and Mental Health Services

Administration (SAMHSA)

National Clearinghouse for Alcohol and Drug

Information

recoverymonth.gov

National Childhood Obesity Awareness Month

President's Council on Fitness, Sports & Nutrition

hhs.gov/fitness

National Cholesterol Education Awareness Month

National Heart, Lung, & Blood Institute

cdc.gov/cholesterol/

National Food Safety Education Month

National Restaurant Association Education Foundation

foodsafetymonth.com

National Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition, Inc.

ovariancancerawareness.org

National Menopause Awareness Month

North American Menopause Society

menopause.org

National Preparedness Month

Cosponsored by American Red Cross

redcross.org

U.S. Dept. of Homeland Security

ready.gov

National Sickle Cell Disease Awareness Month

Sickle Cell Disease Association of America, Inc.

sicklecelldisease.org

National Yoga Month

National Institutes on Health,

Office of Research Services

ors.od.nih.gov

Prostate Health Month and

Prostate Cancer Awareness Month

Prostate Cancer Foundation

pcf.org

Sports Eye Safety Month

Prevent Blindness America

preventblindness.org

Whole Grains Month

The Whole Grains Council

wholegrainscouncil.org

SEPTEMBER CONTINUED >

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



Alzheimer's Association Memory Walk

Dates vary depending on location. Contact your local Alzheimer's Association or visit alz.org

American Heart Walk

Dates vary depending on your location. American Heart Association heartwalk.org

Auto Battery Safety Month

Prevent Blindness America preventblindness.org

Eat Together, Eat Better Month

Washington State University nutrition.wsu.edu/ETEB

Children's Health Month

Office of Children's Health Protection
U.S. Environmental Protection Agency
epa.gov/children/childrens-health-month

Domestic Violence Awareness Month

National Coalition Against Domestic Violence (NCADV) ncadv.org

Health Literacy Month

Health Literacy Consulting healthliteracymonth.org

Healthy Babies Month

March of Dimes/Birth Defects Foundation marchofdimes.org

Healthy Lung Month

American Lung Association lung.org

National Breast Cancer Awareness Month

National Breast Cancer Foundation nationalbreastcancer.org

National Bullying Prevention Month

PACER's National Bullying Prevention Center pacer.org

National Chiropractic Month

American Chiropractic Association acatoday.org

National Crime Prevention Month

National Crime Prevention Council ncpc.org

National Dental Hygiene Month

American Dental Hygienists Association adha.org/ndhm

National Depression and Mental Health Screening Month

American Behavioral Clinics americanbehavioralclinics.com

National Disability Employment Awareness Month

U.S. Dept. of Labor dol.gov/odep

National Family Sexuality Education Month

Planned Parenthood Federation of America plannedparenthood.org

National Liver Awareness Month

American Liver Foundation liverfoundation.org

National Physical Therapy Month

American Physical Therapy Association apta.org

National Spina Bifida Awareness Month

Spina Bifida Association of America spinabifidaassociation.org

National Sudden Infant Death Syndrome (SIDS) Awareness Month

Centers for Disease Control and Prevention cdc.gov/sids

National UNICEF Month: Trick-or-Treat for UNICEF

National Office of the US Fund for UNICEF unicefusa.org/trick-or-treat

OCTOBER CONTINUED >

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



Talk About Your Medicines Month
National Council on Patient Information and Education
talkaboutrx.org

Vegetarian Awareness Month
North American Vegetarian Society
worldvegetarianday.org

October 1
World Vegetarian Day
North American Vegetarian Society
worldvegetarianday.org

October 1 (annually same date)
International Day of Older Persons
un.org

October 3 – 9 (week including October 9 – Chicago Fire)
National Fire Prevention Week
National Fire Protection Association
nfpa.org

October 3 – 9 (first full week in October)
National Mental Illness Awareness Week
NAMI – National Alliance on Mental Illness
nami.org/miaw

October 4 (first Monday in October)
Child Health Day
U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 4 (first Monday in October)
World Habitat Day
UN Habitat
new.unhabitat.org

October 10 (same date annually)
World Mental Health Day
World Federation for Mental Health
wfmh.global

October 10 (same date annually)
Put the Brakes on Fatalities Day
American Society of Civil Engineers
asce.org

October 11 – 15 (second full week)
National School Lunch Week
School Nutrition Association
schoolnutrition.org

October 17 (same date annually)
International Day for the Eradication of Poverty
United Nations
un.org

October 17 – 23 (third full week in October)
National Pharmacy Week
American Society of Health-System Pharmacists
ashp.org

October 17 – 23 (third week in October)
National Healthcare Quality Week
National Association for Healthcare Quality
nahq.org

October 17 – 23 (third full week in October)
International Infection Prevention Week
Association for Professionals in Infection Control and Epidemiology, Inc.
apic.org

October 18 – 22 (third week in October)
National Health Education Week
Society for Public Health Education
sophe.org

October 20 (same date annually)
World Osteoporosis Day
International Osteoporosis Foundation
worldosteoporosisday.org

October 23 – 31 (same dates annually)
National Red Ribbon Celebration/National Plant the Promise Week
National Family Partnership
nfp.org

October 23 (fourth Saturday in October)
Make a Difference Day
makeadifferenceday.com

October 24 – 30 (last full week in October)
National Respiratory Care Week
American Association for Respiratory Care
aarc.org

October 29 (same date annually)
World Stroke Day
American Stroke Association
stroke.org

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR

NOVEMBER

American Diabetes Month
American Diabetes Association
diabetes.org

Native American Heritage Month
nativeamericanheritagemonth.gov

Diabetic Eye Disease Month
Prevent Blindness America
preventblindness.org

Lung Cancer Awareness Month
American Cancer Society
cancer.org

National Alzheimer's Disease Awareness Month
Alzheimer's Disease and Related Disorders Association
alz.org

National Epilepsy Awareness Month
Epilepsy Foundation
epilepsy.com

National Family Caregivers Month
Caregiver Action Network
caregiveraction.org

National Healthy Skin Month
American Academy of Dermatology
aad.org

National Home Care Month
National Association for Home Care & Hospice
nahc.org

National Hospice and Palliative Care Month
National Hospice and Palliative Care Organization
nhpco.org

Pancreatic Cancer Awareness Month
Pancreatic Cancer Action Network
pancan.org

Prematurity Awareness Month
March of Dimes Birth Defects Foundation
marchofdimes.org

November 1 –December 31

Tie One On For Safety®
Mothers Against Drunk Driving (MADD)
madd.org

November 1 (first Monday in November)
Color the World Orange for CRPS/RSD Awareness
colortheworldorange.com

November 12 (same date annually)
World Pneumonia Day
stoppneumonia.org

November 13 (same date annually)
World Kindness Day
Random Acts of Kindness
randomactsofkindness.org

November 14 (same date annually)
World Diabetes Day
International Diabetes Federation
worlddiabetesday.org

November 15 (same date annually)
National Philanthropy Day
Association of Fundraising Professionals
afpglobal.org/NPDLove

November 15 (same date annually)
America Recycles Day
Keep America Beautiful
kab.org

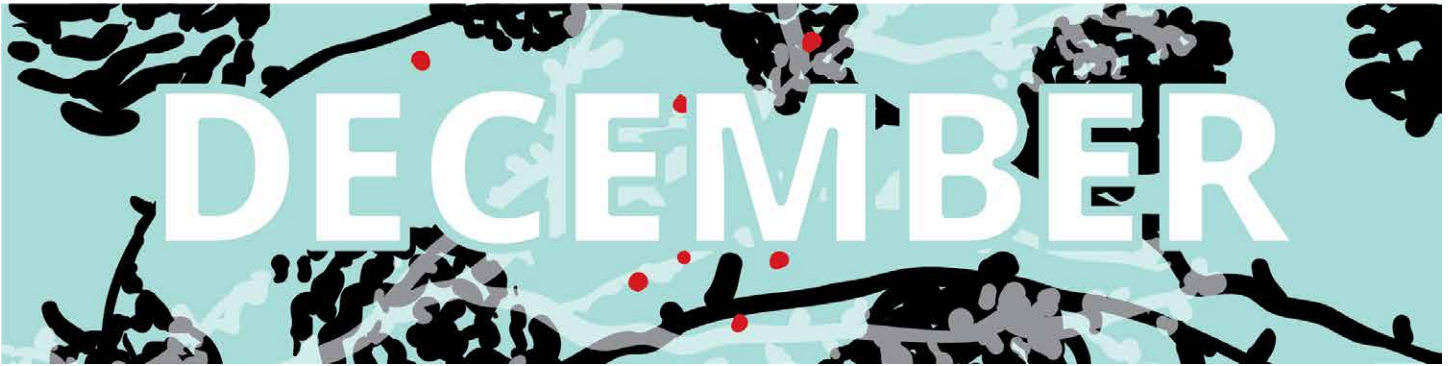
November 15 – 19 (week before Thanksgiving)
American Education Week
National Education Association
nea.org

November 18 (third Thursday)
Great American Smokeout
American Cancer Society
cancer.org

November 20 (Saturday before U. S. Thanksgiving)
International Survivors of Suicide Day
American Foundation for Suicide Prevention (AFSP)
afsp.org

November 25 (always Thanksgiving Day)
National Family Health History Day
Centers for Disease Control and Prevention
cdc.gov

2021 HEALTH & WELLNESS OBSERVANCES CALENDAR



International AIDS Awareness Month

International HIV/AIDS Alliance

frontlineaids.org

National Impaired Driving Prevention Month

National Highway Traffic Safety Administration

nhtsa.gov/risky-driving

Safe Toys and Gifts Month

Prevent Blindness America

preventblindness.org

Universal Human Rights Month

United Nations Human Rights

ohchr.org

December 1 (same date annually)

World AIDS Day

HIV.gov

hiv.gov

December 2 (same date annually)

International Day for the Abolition of Slavery

United Nations

un.org

December 3 (same date annually)

International Day of Persons with Disabilities

United Nations

un.org

December 5 (same date annually)

International Volunteer Day

United Nations Volunteers

unv.org

December 5 – 11 (first full week of December)

National Handwashing Awareness Week

Henry the Hand Foundation

henrythehand.com

December 5 – 11

National Influenza Vaccination Week

cdc.gov/flu

December 10 (same date annually)

Human Rights Day

United Nations Human Rights

ohchr.org

December 21 (Winter Solstice)

National Homeless Persons' Memorial Day

Substance Abuse and Mental Health Services

Administration

samhsa.gov

2021 Health & Wellness Observances Calendar

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