

2012 Wellness Observances

January

Cervical Health Awareness Month
National Glaucoma Awareness Month

February

Heart Month
National Children's Dental Health Month
National Wear Red Day – February 3rd
Heart Mini Marathon Team

March

Save Your Vision Month
National Nutrition Month
National Poison Prevention Week – March 18-24
American Diabetes Alert Day – March 27

April

National Autism Awareness Month
National Distracted Driving Awareness Month
National Donate Life Month
National Infant Immunization Week – April 21-28

May

Arthritis Awareness Month - National Senior Health & Fitness Day – May 30
National Osteoporosis Awareness and Prevention Month
Employee Health & Fitness Month
Mental Health Month
National Women's Health Week – April 13-19

June

Fireworks Safety Month
Home Safety Month
Men's Health Week

July

Juvenile Arthritis Awareness Month
UV Safety Month

August

Children's Eye Health & Safety Month
National Immunization Awareness Month

September

Fruit & Veggies – More Matters Month/ Whole Grains Month
Leukemia & Lymphoma Awareness Month
National Childhood Obesity Month
National Cholesterol Education Month
National Yoga Awareness Month
Ovarian Cancer Awareness Month
Prostate Cancer Awareness Month

October

LIVESTRONG DAY – October 2
National Breast Cancer Awareness Month
 Making Strides for Breast Cancer
Child Health Day – October 1
Walk to School Day – October 3

November

American Diabetes Month
Lung Cancer Awareness
National Healthy Skin Month
Great American Smokeout

December

Safe Toys & Gifts Month
Handwashing