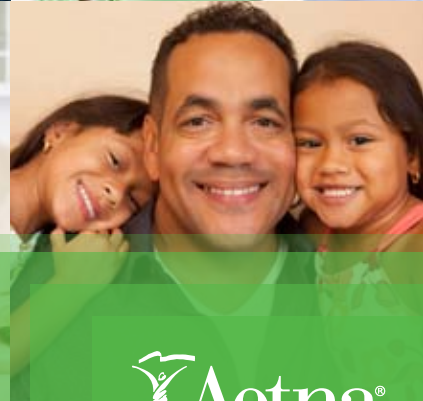


2012 Health and Wellness Observation Calendar



2012 Health and Wellness Observation Calendar

JANUARY

Cervical Health Awareness Month
National Birth Defects Awareness Month
National Glaucoma Awareness Month
National Blood Donor Month

FEBRUARY

Heart Month
AMD/Low Vision Awareness Month
National Cancer Prevention Month
National Children's Dental Health Month
National Senior Independence Month
Wise Health Consumer Month

MARCH

National Colorectal Cancer Awareness Month
National Nutrition Month
Save Your Vision Month
National Developmental Disabilities Awareness Month
National Eye Donor Month
National Kidney Month
National Professional Social Work Month
Workplace Eye Health and Safety Month
American Red Cross Month
National Poison Prevention Month

APRIL

National Alcohol Awareness Month
National Minority Health & Health Disparities Month
Stress Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Counseling Awareness Month
National Youth Sports Safety Month
Sexual Assault Awareness Month
National Donate Life Month
National Occupational Therapy Month
National STD's/Family Planning Awareness Month

MAY

Asthma and Allergy Awareness Month
National Physical Fitness and Sports Month
Correct Posture Month
National High Blood Pressure Education Month
Older Americans Month
National Melanoma/Skin Cancer Awareness Month
National Mental Health Month
Healthy Vision Month/UV Safety
National Teen Pregnancy Prevention Month
Hepatitis Awareness Month
National Arthritis Month
National Osteoporosis Awareness Prevention Month
National Stroke Awareness Month

JUNE

National Home Safety Month
Professional Wellness Month
Fireworks Safety Month
National Safety Month
National Great Outdoors Month
National Scleroderma Awareness Month

JULY

Eye Injury Prevention Month
UV Safety Month
Fireworks Safety Month
National Wellness Conference

AUGUST

Cataract Awareness Month
Medic Alert Awareness Month
National Immunization Awareness Month

SEPTEMBER

National Cholesterol Education Awareness Month
National Ovarian Cancer Awareness Month
National Menopause Awareness Month
National Preparedness Month
Prostate Health Month
Sports and Home Eye Safety Month
America on the Move — Month of Action
Children's Eye Health and Safety Month
Leukemia & Lymphoma Awareness Month
National Work & Family Month
National Yoga Month

OCTOBER

Flu shot awareness
Children's Health Month
National Breast Cancer Awareness Month
National Spinal Health Month
National Liver Awareness Month
Healthy Babies Month
Healthy Lung Month
Health Literacy Month
National Chiropractic Month
National Disability Employment Awareness Month
Domestic Violence Awareness Month
National Dental Hygiene Month
Vegetarian Awareness Month

NOVEMBER

National Family Caregivers Month
Great American Smoke Out Day
Lung Cancer Awareness Month
National Healthy Skin Month
National Home Care Month
National Hospice Month
Prematurity Awareness Month
National Epilepsy Awareness Month
American Diabetes Month
American Indian & Alaska Native Heritage Month
Diabetic Eye Disease Month
National Alzheimer's Disease Awareness Month
National Child Mental Health Month

DECEMBER

National Drunk and Drugged Driving Prevention Month
International AIDS Awareness Month
Safe Toys and Gifts Month

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

MARCH

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25	26	27	28	29	30	31

MAY

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JULY

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SEPTEMBER

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23/30	24	25	26	27	28	29

NOVEMBER

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FEBRUARY

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APRIL

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29	30					

JUNE

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

AUGUST

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

OCTOBER

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DECEMBER

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 National Folic Acid Awareness Week (1-7)	2	3	4	5	6 Donating Blood	7
8	9 Preparing for a Healthy Pregnancy	10	11	12	13	14
15 Healthy Weight Week (15-21)	16 Martin Luther King Day	17	18 Healthy Weight flyer	19	20	21
22 National Certified Nurse Anesthetists Week (22-28)	23	24	25	26	27	28
29	30	31				

EVENTS

- [Cervical Health Awareness Month](#)
- [National Birth Defects Awareness Month](#)
- [National Blood Donor Month](#)
- [National Glaucoma Awareness Month](#)



FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Girls & Women in Sports Day	2	3 National Wear Red Day	4
5	6	7	8 Women's Heart Health message	9	10	11
12 National Cardiac Rehabilitation Week (12-18)	13 Random Acts of Kindness Week (13-19)	14 National Condom Awareness Day	15	16	17 An Eye on your Health	18
19	20	21 Cancer care video	22	23	24	25
26 National Eating Disorders Awareness Week (26-March 3)	27	28	29 Parent's Guide to Dental Health			

EVENTS

[Heart Month](#)

[AMD/Low Vision Awareness Month](#)

[National Cancer Prevention Month](#)

[National Children's Dental Health Month](#)

[National Senior Independence Month](#)

[Wise Health Consumer Month](#)



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MARCH 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 National School Breakfast Week (4-10) National Sleep Awareness Week (4-10)	5	6	7	8 Colorectal Cancer Screening flyer	9	10
11	12	13 National Pulmonary Rehabilitation Week (13-19)	14	15 Companies that Care Day	16 Eat Your Way to Better Health flyer	17
18 National Poison Prevention Week (18-24)	19	20	21 Kick Butts Day: Campaign for Tobacco-Free Kids	22 World Water Day	23	24
25	26	27 American Diabetes Alert Day	28	29	30	31

EVENTS

- [National Colorectal Cancer Awareness Month](#)
- [National Nutrition Month](#)
- [Save Your Vision Month](#)
- [National Developmental Disabilities Awareness Month](#)
- [National Eye Donor Month](#)
- [National Kidney Month](#)
- [National Professional Social Work Month](#)
- [Workplace Eye Health and Safety Month](#)
- [American Red Cross Month](#)
- [National Poison Prevention Month](#)



APRIL 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 National Week of the Ocean (1-7)	2	3	4 International Children's Book Day National Day of Hope	5 National Alcohol Screening Day	6 Responsible Alcohol Consumption flyer English Spanish	7 Alcohol-Free Weekend (7-8) National Public Health Week (7-13)
8 National Library Week (8-14)	9	10 Siblings Day	11	12 Stress Management flyer English Spanish	13	14
15 National Volunteer Week (15-21) Medical Fitness Week (15-21)	16 National Healthcare Decisions Day	17	18	19	20 Global Youth Service Day	21 National Infant Immunization Week Childhood Immunizations flyer English Spanish
22 Earth Day	23	24	25	26 Take Your Daughters and Sons to Work Day	27 Remember Children Lost to Violence	28
29	30					

EVENTS

[National Alcohol Awareness Month](#)
[National Minority Health & Health Disparities Month](#)
[Stress Awareness Month](#)
[National Cancer Control Month](#)
[National Child Abuse Prevention Month](#)
[National Counseling Awareness Month](#)
[National Youth Sports Safety Month](#)
[Sexual Assault Awareness Month](#)
[National Donate Life Month](#)
[National Occupational Therapy Month](#)
[National STD's/Family Planning Awareness Month](#)



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MAY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 National Physical Education and Sports Week (1-7)	2	3 Caring for Asthma flyer English Spanish	4	5
6 National Nurses Week (6-12) Be Kind to Animals Week (6-12)	7 North American Occupational Safety and Health Week (7-14)	8 World Red Cross/Red Crescent Day	9 School Nurse Day	10 Informed Health® Line resources toolkit	11	12
13	14 Bike to Work Week (14-18)	15	16 National Employee Health and Fitness Day	17 Workplace Ergonomics flyer English Spanish	18	19
20 Older Americans Mental Health Week (20-26)	21	22	23	24	25	26
27	28 Safety in the Home flyer English Spanish	29	30 National Senior Health & Fitness Day	31		

EVENTS

- [Asthma and Allergy Awareness Month](#)
- [National Physical Fitness and Sports Month](#)
- [Correct Posture Month](#)
- [National High Blood Pressure Education Month](#)
- [Older Americans Month](#)
- [National Melanoma/Skin Cancer Awareness Month](#)
- [National Mental Health Month](#)
- [Healthy Vision Month/UV Safety](#)
- [National Teen Pregnancy Prevention Month](#)
- [Hepatitis Awareness Month](#)
- [National Arthritis Month](#)
- [National Osteoporosis Awareness Prevention Month](#)
- [National Stroke Awareness Month](#)



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JUNE 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Stand for Children Day National Headache Awareness Week (1-7)	2 National Trails Day
3 National Cancer Survivors Day	4	5 World Environment Day	6	7 Summer Safety video	8	9
10 National Children's Day	11 National Men's Health Week (11-17)	12	13	14 World Blood Donor Day	15	16
17	18	19 Healthy Fun in the Summer Sun e-campaign	20	21	22	23
24	25	26	27 National HIV Testing Day	28	29	30

EVENTS

[National Home Safety Month](#)

[Professional Wellness Month](#)

[Fireworks Safety Month](#)

[National Safety Month](#)

[National Great Outdoors Month](#)

[National Scleroderma Awareness Month](#)



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JULY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Fireworks Safety	5	6	7
8	9 National Therapeutic Recreation Week (8-14)	10	11	12 Healthy Travel flyer English Spanish	13	14
15	16 2012 National Wellness Conference (16-19)	17	18	19	20	21
22	23	24	25	26 Take the Summer Shape-Up Challenge e-campaign	27	28
29	30	31				

EVENTS

[Eye Injury Prevention Month](#)

[UV Safety Month](#)

[Fireworks Safety Month](#)

[National Wellness Conference](#)



AUGUST 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 World Breastfeeding Week (1-7)	2	3	4
5 National Health Center Week (5-11)	6	7 National Night Out	8	9 International Day of the World's Indigenous People	10	11
12	13 Immunizations flyer English Spanish	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

EVENTS

[Cataract Awareness Month](#)

[Medic Alert Awareness Month](#)

[National Immunization Awareness Month](#)



 Aetna®

SEPTEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 National Childhood Injury Prevention Week (1-7)
2 Suicide Prevention Week (2-8)	3	4	5	6	7	8
9 National Assisted Living Week (9-15)	10	11	12 Healthy recipes and cooking videos library	13	14	15
16 National Rehabilitation Week (16-22)	17	18	19 Backpack Awareness Day	20 Take A Loved One to the Doctor Day	21 International Day of Peace	22
23 Active Aging Week (23-29)	24 Menopause, what is it?	25	26 National Women's Health & Fitness Day	27	28	29 Family Health and Fitness Day USA National Public Lands Day
30						

EVENTS

[National Cholesterol Education Awareness Month](#)
[National Ovarian Cancer Awareness Month](#)
[National Menopause Awareness Month](#)
[National Preparedness Month](#)
[Prostate Health Month](#)
[Sports and Home Eye Safety Month](#)
[America on the Move — Month of Action](#)
[Children's Eye Health and Safety Month](#)
[Leukemia & Lymphoma Awareness Month](#)
[National Work & Family Month](#)
[National Yoga Month](#)



OCTOBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Child Health Day World Habitat Day	2	3 International Walk-to-School Day	4	5	6
7 National Mental Illness Awareness Week (7-13)	8 National School Lunch Week (8-12)	9	10 Put the Brakes on Fatalities Day	11	12	13
14	15 Breast Health flyer English Spanish	16	17	18	19 National Mammography Day	20
21 National Respiratory Care Week (21-27) National Health Education Week	22	23 National Red Ribbon Celebration (23-31)	24 Take Back Your Time Day Lung Health Day	25	26 Flu and Pneumonia flyer: English Spanish	27
28	29	30	31 Halloween Safety flyer English Spanish			

EVENTS

- [Children's Health Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Spinal Health Month](#)
- [National Liver Awareness Month](#)
- [Healthy Babies Month](#)
- [Healthy Lung Month](#)
- [Health Literacy Month](#)
- [National Chiropractic Month](#)
- [National Disability Employment Awareness Month](#)
- [Domestic Violence Awareness Month](#)
- [National Dental Hygiene Month](#)
- [Vegetarian Awareness Month](#)



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NOVEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Family Caregivers flyer English Spanish	6	7	8	9	10
11 American Education Week (11-17)	12	13 World Kindness Day	14 World Diabetes Day	15 National Philanthropy Day The American Cancer Society Great American Smokeout	16	17
18	19	20	21	22 Tie One On For Safety Campaign (Nov. 22 - Jan. 1) National Family Health History Day	23	24
25	26	27 Caregiver resources	28	29	30	

EVENTS

- [National Family Caregivers Month](#)
- [Great American Smoke Out Day](#)
- [Lung Cancer Awareness Month](#)
- [National Healthy Skin Month](#)
- [National Home Care Month](#)
- [National Hospice Month](#)
- [Prematurity Awareness Month](#)
- [National Epilepsy Awareness Month](#)
- [American Diabetes Month](#)
- [American Indian & Alaska Native Heritage Month](#)
- [Diabetic Eye Disease Month](#)
- [National Alzheimer's Disease Awareness Month](#)
- [National Child Mental Health Month](#)



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DECEMBER 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 World AIDS Day
2 Aplastic Anemia and MDS Week (2-8)	3	4 National Influenza Vaccination Week (4-10)	5 International Volunteer Day	6 National Hand Washing Awareness Week (6-12)	7	8
9	10 Human Rights Day	11	12	13 Healthy Holiday Eating pledge e-campaign	14	15
16	17 Responsible Alcohol Consumption flyer English Spanish	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

EVENTS

[National Drunk & Drugged Driving Prevention Month](#)

[International AIDS Awareness Month](#)

[Safe Toys and Gifts Month](#)



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