

	January	February	March	April	May	June
MONTHLY AWARENESS	<p><a href="#"><u>Cervical Health</u></a></p> <p><a href="#"><u>Thyroid</u></a></p> <p><a href="#"><u>National Blood Donor</u></a></p>	<p><a href="#"><u>American Heart</u></a></p> <p><a href="#"><u>National Cancer Prevention</u></a></p>	<p><a href="#"><u>National Nutrition</u></a></p> <p><a href="#"><u>National Kidney</u></a></p>	<p><a href="#"><u>Stress</u></a></p> <p><a href="#"><u>Parkinson's</u></a></p>	<p><a href="#"><u>Mental Health</u></a></p> <p><a href="#"><u>National Stroke</u></a></p> <p><a href="#"><u>National Asthma &amp; Allergy</u></a></p> <p><a href="#"><u>National High Blood Pressure Edu</u></a></p> <p><a href="#"><u>National Physical Fitness &amp; Sports</u></a></p>	<p><a href="#"><u>National Alzheimer's &amp; Brain</u></a></p> <p><a href="#"><u>National Migraine &amp; Headache</u></a></p> <p><a href="#"><u>PTSD</u></a></p> <p><a href="#"><u>Safety</u></a></p>
WEEKLY OBSERVANCE	<p><a href="#"><u>New Year's Resolution Week</u></a> Mon-Sun, 1-7</p>	<p><a href="#"><u>National Eating Disorders Awareness Week</u></a> Mon-Fri, 26-1</p>	<p><a href="#"><u>National Sleep Awareness Week</u></a> Sun-Sat, 10-16</p> <p><a href="#"><u>Drug &amp; Alcohol Facts Week</u></a> Mon-Sun, 18-24</p>	<p><a href="#"><u>National Public Health Week</u></a> Mon-Sun, 1-7</p> <p><a href="#"><u>Every Kid Healthy Week</u></a> Mon-Fri, 22-26</p> <p><a href="#"><u>World Immunization Week</u></a> Wed-Tues, 24-30</p>	<p><a href="#"><u>National Women's Health Week</u></a> Sun-Sat, 12-18</p>	<p><a href="#"><u>National Men's Health Week</u></a> Mon-Sun, 10-16</p>
DAY OBSERVANCE	<p><a href="#"><u>International Mind-Body-Wellness Day</u></a> - Wed, 3</p> <p><a href="#"><u>Martin Luther King, Day of Service</u></a> - Mon, 15</p>	<p><a href="#"><u>World Cancer Day</u></a> Sun, 4</p> <p><a href="#"><u>National Donor Day</u></a> Wed, 14</p> <p><a href="#"><u>Random Acts of Kindness Day</u></a> Sat, 17</p>	<p><a href="#"><u>International Women's Day</u></a> Fri, 8</p> <p><a href="#"><u>World Hearing Day</u></a> - Sun, 3</p>	<p><a href="#"><u>National Vitamin-C Day</u></a> Thurs, 4</p> <p><a href="#"><u>World Health Day</u></a> - Sun, 7</p> <p><a href="#"><u>Earth Day</u></a> - Mon, 22</p>	<p><a href="#"><u>World Autoimmune &amp; Autoinflammatory Arthritis Day</u></a> Mon, 20</p> <p><a href="#"><u>World No Tobacco Day</u></a> Fri, 31</p>	<p><a href="#"><u>National Cancer Survivors Day</u></a> - Sun, 2</p> <p><a href="#"><u>World Food Safety Day</u></a> Fri, 7</p> <p><a href="#"><u>National HIV Testing Day</u></a> Thurs, 27</p>
ARTICLE	<p><a href="#"><u>5 Ways to Improve Financial Health</u></a></p>	<p><a href="#"><u>Eating for a Healthy Heart</u></a></p>	<p><a href="#"><u>9 Tips for Better Sleep</u></a></p>	<p><a href="#"><u>Easy Relaxation Techniques</u></a></p>	<p><a href="#"><u>60-Second Health and Fitness Boosters</u></a></p>	<p><a href="#"><u>13 Ways to Maintain Your Brain</u></a></p>

	July	August	September	October	November	December
<b>MONTHLY AWARENESS</b>	<p><a href="#"><u>UV Safety (Eyes)</u></a></p> <p><a href="#"><u>Firework Safety (Hearing)</u></a></p> <p><a href="#"><u>National Park &amp; Recreation</u></a></p>	<p><a href="#"><u>National Immunization</u></a></p> <p><a href="#"><u>National Breastfeeding</u></a></p>	<p><a href="#"><u>Childhood Cancer</u></a></p> <p><a href="#"><u>Prostate Cancer</u></a></p> <p><a href="#"><u>National Preparedness</u></a></p> <p><a href="#"><u>National Suicide Prevention</u></a></p> <p><a href="#"><u>National Recovery</u></a></p>	<p><a href="#"><u>National Breast Cancer</u></a></p> <p><a href="#"><u>National ADHD</u></a></p>	<p><a href="#"><u>National Diabetes</u></a></p> <p><a href="#"><u>Lung Cancer</u></a></p> <p><a href="#"><u>National COPD</u></a></p>	<p><a href="#"><u>National Safe Toys and Gifts</u></a></p>
<b>WEEKLY OBSERVANCE</b>		<p><a href="#"><u>National Community Health Center Week</u></a> Sun-Sat, 4-10</p>		<p><a href="#"><u>Bone &amp; Joint Health Action Week</u></a> Sat-Sun, 12-20</p>	<p><a href="#"><u>World Antimicrobial Awareness Week</u></a> Mon-Sun, 18-24</p>	<p><a href="#"><u>National Influenza Vaccination Week</u></a> Wed- Tues, 4-10</p>
<b>DAY OBSERVANCE</b>	<p><a href="#"><u>World Drowning Prevention Day - Th, 25</u></a></p> <p><a href="#"><u>World Hepatitis Day</u></a> Sun, 28</p>	<p><a href="#"><u>Physician Family Day</u></a> Sat, 31</p> <p><a href="#"><u>International Overdose Awareness Day</u></a> Sat, 31</p>	<p><a href="#"><u>World Suicide Prevention Day</u></a> Tues, 10</p>	<p><a href="#"><u>World Mental Health Day</u></a> Thurs, 10</p> <p><a href="#"><u>Global Handwashing Day</u></a> Tues, 15</p> <p><a href="#"><u>National Check Your Meds Day</u></a> Mon, 21</p>	<p><a href="#"><u>The Great American Smokeout</u></a> Thurs, 21</p> <p><a href="#"><u>Additional Resources</u></a></p> <p><a href="#"><u>Family Health History Day</u></a> Thurs, 28</p>	<p><a href="#"><u>World Aids Day - Sun, 1</u></a></p> <p><a href="#"><u>Giving Tuesday - Tues, 3</u></a></p> <p><a href="#"><u>International Day of Persons with Disabilities - Tues, 3</u></a></p> <p><a href="#"><u>Universal Health Coverage Day</u></a> Thurs, 12</p>
<b>ARTICLE</b>	<p><a href="#"><u>The Healthy Vacation Guide</u></a></p>	<p><a href="#"><u>This Is What the Road to Burnout Looks Like</u></a></p>	<p><a href="#"><u>Small Bits of Fitness Add Up</u></a></p>	<p><a href="#"><u>A Case for Taking Mental Health Days</u></a></p>	<p><a href="#"><u>100 Random Acts of Kindness That Could Change The World</u></a></p>	<p><a href="#"><u>7 Ways to Stop the Spread of Germs</u></a></p>