National Wellness Institute’s
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

JANUARY 2020

Cervical Health Awareness Month
National Cervical Cancer Coalition
www.nccc-online.org

National Birth Defects Prevention Month
March of Dimes Birth Defects Foundation
www.marchofdimes.com
or
Center for Disease Control & Prevention
www.cdc.gov

National Blood Donor Month
American Association of Blood Banks
www.aabb.org
or
American Red Cross
www.redcross.org

National Glaucoma Awareness Month
Glaucoma Research Foundation
www.glaucoma.org

January 19 – 25
National Certified Nurse Anesthetists Week
American Association of Nurse Anesthetists
www.aana.com

January 20 (Martin Luther King Day)
King Day of Service
Corporation for National and Community Service
www.mlkday.gov
National Wellness Institute’s
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

FEBRUARY 2020

AMD/Low Vision Awareness Month
Prevent Blindness America
www.preventblindness.org

American Heart Month
Contact your local chapter of the American Heart Association
or
AHA National Center
www.americanheart.org
www.cdc.gov

National Cancer Prevention Month
American Institute for Cancer Research
www.aicr.org
American Cancer Society
www.cancer.org

National Children’s Dental Health Month
American Dental Association
www.ada.org

National Condom Month
American Sexual Health Association
www.ashasexualhealth.org

Wise Health Consumer Month
American Institute for Preventive Medicine
www.healthylife.com

February 7
National Wear Red Day
The Heart Truth—a National Awareness Campaign for Women About Heart Disease
National Heart, Lung, and Blood Institute
Health Information Center
www.hearttruth.gov
or
Women Heart
www.womenheart.org
or
Go Red For Women Cause Initiatives
American Heart Association National Center
www.goredforwomen.org

February 9 – 15
National Cardiac Rehabilitation Week
AACVPR Office
www.aacvpr.org

February 16-23
Random Acts of Kindness Week
Random Acts of Kindness Foundation
www.randomactsofkindness.org

February 22 (Same date each year)
World Thinking Day
World Association of Girl Guides and Girl Scouts
www.worldthinkingday.org

February 23 - 29
National Eating Disorder Awareness Week
Screening for Mental Health, Inc.
www.mentalhealthscreening.org
National Wellness Institute’s
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

MARCH 2020

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

Brain Injury Awareness Month
Brain Injury Association of America
www.biausa.org

Hemophilia Month
National Hemophilia Foundation
www.hemophilia.org

National Colorectal Awareness Month
Cancer Research and Prevention Foundation
www.preventcancer.org/colorectal

National Developmental Disabilities
Awareness Month
The Arc of the United States
www.thearc.org

National Eye Donor Month
EBAA, Eye Bank Association of America
www.restoresight.org

National Kidney Month
National Kidney Foundation
www.kidney.org

National Nutrition Month
Academy of Nutrition and Dietetics
www.eatright.org

National Problem Gambling Awareness Month
The National Council on Problem Gambling, Inc.
www.ncpgambling.org

National Professional Social Work Month
National Association of Social Workers
www.socialworkers.org

Save Your Vision Month
American Optometric Association
www.aoa.org

Workplace Eye Wellness Month
Prevent Blindness America
www.preventblindness.org

National Athletic Training Month
National Athletic Training Association
www.nata.org

March 1 – 6
Aplastic Anemia and MDS Week
Aplastic Anemia and MDS Internl, Inc.
www.aamds.org

March 1 – 8 (week before daylight savings time)
National Sleep Awareness Week
National Sleep Foundation
www.sleepfoundation.org

March 2 – 6
National School Breakfast Week
School Nutrition Association
www.schoolnutrition.org

March 8 – 14
National Pulmonary Rehabilitation Week
American Association of Cardiovascular and
Pulmonary Rehabilitation
www.aacvpr.org

March 15 – 21 (third week in March)
National Poison Prevention Week
American Association of Poison Control Centers
www.aapcc.org

March 20 (same date each year)
National Native HIV/AIDS Awareness Day
www.hiv.gov/events/awareness-days

March 22 (same date each year)
World Water Day
UN Water
www.unwater.org

March 24 (fourth Tuesday in March)
American Diabetes Alert Day
American Diabetes Association
www.diabetes.org
National Wellness Institute’s
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

APRIL 2020

National Alcohol Awareness Month
www.alcohol.org

National Autism Awareness Month
Autism Society
www.autism-society.org

National Cancer Control Month
Contact your local chapter or American Cancer Society
www.cancer.org

National Child Abuse Prevention Month
Prevent Child Abuse America
www.preventchildabuse.org
or
Child Welfare Information Gateway
Children’s Bureau/ACYF
www.childwelfare.gov

Counseling Awareness Month
American Counseling Association (ACA)
www.counseling.org

National Donate Life Month
HRSA Information Center
www.organdonor.gov

Stress Awareness Month
American Counseling Association (ACA)
www.counseling.org

National Humor Month
Association for Applied and Therapeutic Humor
www.aath.org

National Minority Health & Health Disparities Month
Office of Minority Health Resource Center
www.minorityhealth.hhs.gov

National Occupational Therapy Month
The American Occupational Therapy Association
www.aota.org

Sexual Assault Awareness Month
National Sexual Violence Resource Center
www.nsvrc.org

Women’s Eye Health and Safety Month
Prevent Blindness America
www.preventblindness.org

Testicular Cancer Awareness Month
www.testicularcancerawarenessmonth.com

March 30 - April 3
National Youth Violence Prevention Week
National Association of SAVE
www.nationalsave.org

April 1 (first Wednesday of April)
National Day of Hope
Childhelp
www.childhelp.org

April 6 – 12
National Public Health Week
American Public Health Association
www.nphw.org

April 7 (same date each year)
World Health Day
World Health Organization
www.who.org

April 9
National Alcohol Screening Day
Screening for Mental Health, Inc.
www.mentalhealthscreening.org

APRIL CONTINUED >
April 14 (same date annually)  
**International Moment of Laughter Day**  
Izzy Gesell, Wide Angle Humor  
[www.izzyg.com](http://www.izzyg.com)

April 16 (same date annually)  
**National Healthcare Decisions Day**  
[www.nhdd.org](http://www.nhdd.org)

April 17 – 19  
**Global Youth Service Day**  
Youth Service America  
[www.gysd.org](http://www.gysd.org)

April 19 – 25 (third week of April)  
**National Volunteer Week**  
The Points of Light and Hands on Network  

April 19 – 25  
**National Library Week**  
American Library Association  
[www.ala.org](http://www.ala.org)

April 22 (same date annually)  
**Earth Day**  
Earth Day Network  
[www.earthday.org](http://www.earthday.org)

April 23 (fourth Thursday April)  
**Take Your Daughters and Sons to Work Day**  
Daughters And Sons To Work® Day  
[www.daughtersandsonstowork.org](http://www.daughtersandsonstowork.org)

April 26 – May 3  
**National Infant Immunization Week**  
CDC, National Immunization Program  
[www.cdc.gov/vaccines/events/niiw/index.html](http://www.cdc.gov/vaccines/events/niiw/index.html)
National Wellness Institute’s
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

MAY 2020

Asthma and Allergy Awareness Month
Allergy and Asthma Foundation of America
www.aafa.org

Better Sleep Month
The Better Sleep Council
www.bettersleep.org

Building Safety Month
International Code Council
www.iccsafe.org

Correct Posture Month
American Chiropractic Association Communications Department
www.acatoday.org

Healthy Vision Month
National Eye Institute
www.nei.nih.gov/hvm

Hepatitis Awareness Month
American Liver Foundation
www.liverfoundation.org

Huntington's Disease Awareness Month
Huntington's Disease Society of America
www.hdsa.org

Lupus Awareness Month
Lupus Foundation of America, Inc.
www.lupus.org

National Arthritis Month
Arthritis Foundation
www.arthritis.org

National Bike Month
League of American Bicyclists
www.bikeleague.org

National High Blood Pressure Education Month
NHLBI Information Center
www.nhlbi.nih.gov

National Melanoma/Skin Cancer Awareness Month
American Academy of Dermatology
www.aad.org or
American Cancer Society
www.skincancer.org

National Mental Health Month
National Mental Health Association
www.nmha.org

National Osteoporosis Month
National Osteoporosis Foundation
www.nof.org

National Physical Fitness and Sports Month
President's Council on Fitness, Sports, and Nutrition
www.fitness.gov

National Stroke Awareness Month
National Stroke Association
www.stroke.org

National Teen Pregnancy Prevention Month
Advocates for Youth
www.advocatesforyouth.org

Older Americans Month
U.S. Dept. of Health and Human Services Administration for Community Living
www.acl.gov

May 1 – 7 (same dates annually)
National Physical Education and Sports Week
National Association for Sport and Physical Education
www.shapeamerica.org

MAY CONTINUED >
May 3 – 9 (first full week in May)
Be Kind to Animals Week
Canadian Federation of Humane Societies
www.cfhs.ca
American Humane Association
www.americanhumane.org

May 3 – 9 (first full week in May)
North American Occupational Safety and Health Week (NAOSH)
American Society of Safety Engineers
www.asse.org/naosh

May 6 (first Wednesday in May)
Project Aces Day
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
www.projectaces.com

May 6 (Wednesday during National Nurses Week)
School Nurse Day
www.nasn.org

May 8 (same date annually)
World Red Cross/Red Crescent Day
American Red Cross
www.redcross.org

May 9
World Fair Trade Day
World Fair Trade Association (WFTO)
www.wfto.com

May 10 – 16 (Mother’s Day week)
National Nursing Home Week
American Health Care Association
www.nnhw.org

May 10 – 16 (Mother’s Day week)
Women’s Health Week
Office on Women’s Health
Department of Health and Human Services
www.cdc.gov/women

May 11 – 17
Bike to Work Week
(Bike to Work Day: May 15)
League of American Bicyclists
www.bikeleague.org

May 18 – 24
National Volunteer Week – Australia
Volunteering Australia
www.volunteeringaustralia.org

May 20
World Autoimmune/Autoinflammatory Arthritis Day (World AiArthritis Day)
International Foundation for Autoimmune & Autoinflammatory Arthritis (IFAA)
www.facebook.com/AiArthritisDay

May 27 (last Wednesday in May)
National Senior Health & Fitness Day
www.fitnessday.com

May 31
World No Tobacco Day
World Health Organization
www.who.org
National Wellness Institute’s
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

Cataract Awareness Month
Prevent Blindness America
www.preventblindness.org

National Great Outdoors Month
American Recreation Coalition
www.greatoutdoorsmonth.org

National Safety Month
National Safety Council
www.nsc.org

National Scleroderma Awareness Month
United Scleroderma Foundation, Inc.
www.scleroderma.org

Men’s Health Month
www.menshealthmonth.org

Migraine and Headache Awareness Month
National Headache Foundation
www.headaches.org

June 5 (same date annually)
World Environment Day
United Nations Environment
worldenvironmentday.global

June 6 (first Saturday in June)
National Trails Day
American Hiking Society
www.americanhiking.org

June 7 (first Sunday in June)
National Cancer Survivors Day
National Cancer Survivors Day Foundation
www.ncsdf.org

June 10 – 16 (ending with Father’s Day)
Men’s Health Week
Men’s Health Network
www.menshealthweek.org

June 13
Family Health & Fitness Day
National Recreation and Park Association
www.nrpa.org

June 14 (second Sunday in June)
National Children’s Day
www.nationalchildrensday.us

June 14 (same date annually)
World Blood Donor Day
www.who.int/world-blood-donor-day

June 27 (same date annually)
National HIV Testing Day
AIDS.gov
www.aids.gov

June 27 (same date annually)
World Blood Donor Day
www.who.int/world-blood-donor-day
National Wellness Institute's 2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

JULY 2020

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

UV Safety Month  
American Academy of Ophthalmology  
www.aao.org

July 12 – 18  
EveryBody Deserves a Massage Week  
Associated Bodywork & Massage Professionals  
www.abmp.com

July 20 - 22  
45th Annual National Wellness Conference  
National Wellness Institute, Orlando World Center Marriott  
www.nationalwellness.org/Conference

AUGUST 2020

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

Medic Alert Awareness Month  
www.medicalert.org

National Breastfeeding Month  
United States Breastfeeding Committee  
www.usbreastfeeding.org/

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

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

August 4  
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  
www.unesco.org

August 9 – 15 (second week in August)  
National Health Center Week  
National Association of Community Health Centers, Inc.  
www.healthcenterweek.org
Alzheimer's Association Memory Walk  
Dates vary depending location. Contact your local Alzheimer's Association or visit www.alz.org

Baby Safety Awareness Month  
Juvenile Product Manufacturers Association www.jpma.org

Biodiversity Month  

Blood Cancer Awareness Month  
Leukemia and Lymphoma Society of America www.lls.org

Childhood Cancer Awareness Month  
CureSearch for Children's Cancer www.curesearch.org

Fruit & Veggies More Matters Month  
Fruits & Veggies More Matters www.fruitsandveggies.org

Healthy Aging® Month  
Healthy Aging Campaign Educational Television Network, Inc. www.healthyaging.net

National Cholesterol Education Awareness Month  
National Heart, Lung, & Blood Institute www.cdc.gov/cholesterol/cholesterol_education_month.htm

National Food Safety Education Month  
National Restaurant Association Education Foundation www.foodsafetymonth.com

National Ovarian Cancer Awareness Month  
National Ovarian Cancer Coalition, Inc. www.ovariancancerawareness.org

National Menopause Awareness Month  
North American Menopause Society www.menopause.org

National Preparedness Month  

National Sickle Cell Disease Awareness Month  
Sickle Cell Disease Association of America, Inc. www.sicklecelldisease.org

National Yoga Month  
Yoga Health Foundation www.yogamonth.org

Prostate Health Month and Prostate Cancer Awareness Month  
Prostate Cancer Foundation www.pcf.org

Sports and Home Eye Safety Month  
Prevent Blindness America www.preventblindness.org

SEPTEMBER CONTINUED >
National Wellness Institute's
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

(SEPTEMBER, CONTINUED)

**Whole Grains Month**
The Whole Grains Council
www.wholegrainscouncil.org/get-involved/
celebrate-whole-grains-month-in-september

**September 1 – 7** (same date annually)
**National Childhood Injury Prevention Week**
The American Academy of Pediatrics
www.healthychildren.org
Safe Kids Worldwide
www.safekids.org

**September 6 – 12** (week of Sept. 10)
**Suicide Prevention Week**
American Association of Suicidology
www.suicidology.org

**September 11**
**National Day of Service and Remembrance**
911day.org

**September 13 – 19**
**National Assisted Living Week**
National Center for Assisted Living
www.nalw.org

**September 16** (third Wednesday)
**Backpack Awareness Day**
The American Occupational Therapy Association
www.aota.org

**September 20 – 26** (third week in September)
**National Farm Safety and Health Week**
National Educational Center for Agricultural Safety
www.necasag.org

**September 21** (same date annually)
**International Day of Peace**
United Nations
www.un.org/en/events/peaceday/

**September 26** (last Saturday)
**National Public Lands Day**
National Public Lands Day
www.publiclandsday.org

**September 30** (last Wednesday)
**National Women's Health & Fitness Day**
Health Information Resource Center
www.fitnessday.com/women
National Wellness Institute’s
2020 HEALTH & WELLNESS OBSERVANCES CALENDAR

OCTOBER 2020

Alzheimer’s Association Memory Walk
Dates vary depending location. Contact your local Alzheimer’s Association or visit
www.alz.org

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

Auto Battery Safety Month
Prevent Blindness America
www.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
www.epa.gov/children/childrens-health-month

Domestic Violence Awareness Month
National Coalition Against Domestic Violence (NCADV)
www.ncadv.org

Health Literacy Month
Health Literacy Consulting
www.healthliteracymonth.org

Healthy Babies Month
March of Dimes/Birth Defects Foundation
www.marchofdimes.com

Healthy Lung Month
American Lung Association
www.lungusa.org

National Breast Cancer Awareness Month
National Breast Cancer Foundation
www.nationalbreastcancer.org

National Bullying Prevention Month
PACER’s National Bullying Prevention Center
www.pacer.org/bullying

National Chiropractic Month
American Chiropractic Association
www.acatoday.org

National Crime Prevention Month
National Crime Prevention Council
www.ncpc.org

National Dental Hygiene Month
American Dental Hygienists Association
www.adha.org/ndhm

National Depression and Mental Health Screening Month
Screening for Mental Health, Inc.
www.mentalhealthscreening.org

National Disability Employment Awareness Month
U.S. Dept. of Labor
www.dol.gov/odep

National Family Sexuality Education Month
Planned Parenthood Federation of America
www.plannedparenthood.org/

National Liver Awareness Month
American Liver Foundation
www.liverfoundation.org

National Physical Therapy Month
American Physical Therapy Association
www.apta.org

National Spina Bifida Awareness Month
Spina Bifida Association of America
www.spinabifidaassociation.org

National Sudden Infant Death Syndrome (SIDS) Awareness Month
SIDS Alliance
www.sidsalliance.org

National UNICEF Month: Trick–or–Treat for UNICEF
National Office of the US Fund for UNICEF
www.unicefusa.org

OCTOBER CONTINUED >
Talk About Your Medicines Month
National Council on Patient Information and Education
www.talkabouttrx.org

Vegetarian Awareness Month
North American Vegetarian Society
www.worldvegetarianday.org

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

October 1 (annually same date)
International Day of Older Persons
www.un.org/en/events/olderpersonsday

October 4 – 10 (week including October 9 – Chicago Fire)
National Fire Protection Week
National Fire Protection Association
www.nfpa.org

October 4 – 10 (first full week in October)
National Mental Illness Awareness Week
NAMI – National Alliance on Mental Illness
www.nami.org/miaw

October 5 (first Monday in October)
Child Health Day
U.S. Dept. of Health and Human Services
mchb.hrsa.gov

October 5 (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
www.wfmh.global

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

October 12 – 16 (second full week)
National School Lunch Week
School Nutrition Association
www.schoolnutrition.org

October 17 (same date annually)
International Day for the Eradication of Poverty
United Nations
www.un.org/en/events/povertyday

October 18 – 24 (third full week in October)
National Pharmacy Week
American Society of Health-System Pharmacists
www.ashp.org

October 18 – 24 (third week in October)
National Healthcare Quality Week
National Association for Healthcare Quality
www.nahq.org

October 18 – 24 (third full week in October)
International Infection Prevention Week
Association for Professionals in Infection Control and Epidemiology, Inc.
www.apic.org

October 19 – 23 (third week in October)
National Health Education Week
Society for Public Health Education
www.sophe.org/NHEW

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

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

October 24 (fourth Saturday in October)
Make a Difference Day
www.makeadifferenceday.com

October 25 – 31 (last full week October)
National Respiratory Care Week
American Association for Respiratory Care
www.aarc.org

October 29 (same date annually)
World Stroke Day
American Stroke Association
www.strokeassociation.org
### November 2020

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Organization or Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Diabetes Month</td>
<td></td>
<td>American Diabetes Association <a href="http://www.diabetes.org">www.diabetes.org</a></td>
</tr>
<tr>
<td>Native American Heritage Month</td>
<td></td>
<td>Nativeamericanheritagemonth.gov</td>
</tr>
<tr>
<td>Diabetic Eye Disease Month</td>
<td></td>
<td>Prevent Blindness America <a href="http://www.preventblindness.org">www.preventblindness.org</a></td>
</tr>
<tr>
<td>Lung Cancer Awareness Month</td>
<td></td>
<td>American Cancer Society <a href="http://www.cancer.org">www.cancer.org</a></td>
</tr>
<tr>
<td>National Alzheimer's Disease Awareness Month</td>
<td></td>
<td>Alzheimer's Disease and Related Disorders Association <a href="http://www.alz.org">www.alz.org</a></td>
</tr>
<tr>
<td>National Epilepsy Awareness Month</td>
<td></td>
<td>Epilepsy Foundation of America <a href="http://www.efa.org">www.efa.org</a></td>
</tr>
<tr>
<td>National Family Caregivers Month</td>
<td></td>
<td>National Family Caregivers Association <a href="http://www.nfcacares.org">www.nfcacares.org</a></td>
</tr>
<tr>
<td>National Healthy Skin Month</td>
<td></td>
<td>American Academy of Dermatology <a href="http://www.aad.org">www.aad.org</a></td>
</tr>
<tr>
<td>National Home Care Month</td>
<td></td>
<td>National Association for Home Care &amp; Hospice <a href="http://www.nahc.org">www.nahc.org</a></td>
</tr>
<tr>
<td>National Hospice and Palliative Care Month</td>
<td></td>
<td>National Hospice and Palliative Care Organization <a href="http://www.nhpco.org">www.nhpco.org</a></td>
</tr>
<tr>
<td>Pancreatic Cancer Awareness Month</td>
<td></td>
<td>Pancreatic Cancer Action Network <a href="http://www.pancan.org">www.pancan.org</a></td>
</tr>
<tr>
<td>Prematurity Awareness Month</td>
<td></td>
<td>March of Dimes Birth Defects Foundation <a href="http://www.marchofdimes.com">www.marchofdimes.com</a></td>
</tr>
<tr>
<td>November 2 (Color the World Orange for CRPS/RSD Awareness)</td>
<td>(first Monday in November)</td>
<td>Mothers Against Drunk Driving (MADD) <a href="http://www.madd.org">www.madd.org</a></td>
</tr>
<tr>
<td>November 12 (same date annually)</td>
<td>World Pneumonia Day</td>
<td><a href="http://www.stoppneumonia.org">www.stoppneumonia.org</a></td>
</tr>
<tr>
<td>November 14 (same date annually)</td>
<td>World Diabetes Day</td>
<td>International Diabetes Federation <a href="http://www.worlddiabetesday.org">www.worlddiabetesday.org</a></td>
</tr>
<tr>
<td>November 15 (same date annually)</td>
<td>National Philanthropy Day</td>
<td>Association of Fundraising Professionals <a href="http://www.npdlove.com">www.npdlove.com</a></td>
</tr>
<tr>
<td>November 15 (same date annually)</td>
<td>America Recycles Day</td>
<td>National Recycling Coalition, Inc. <a href="http://www.americarecyclesday.org">www.americarecyclesday.org</a></td>
</tr>
<tr>
<td>November 16 – 20</td>
<td>American Education Week</td>
<td>National Education Association <a href="http://www.nea.org">www.nea.org</a></td>
</tr>
<tr>
<td>November 19 (third Thursday)</td>
<td>Great American Smokeout</td>
<td>American Cancer Society <a href="http://www.cancer.org">www.cancer.org</a></td>
</tr>
<tr>
<td>November 21 (Saturday before U. S. Thanksgiving)</td>
<td>International Survivors of Suicide Day</td>
<td>American Foundation for Suicide Prevention (AFSP) <a href="http://www.afsp.org/survivorday">www.afsp.org/survivorday</a></td>
</tr>
<tr>
<td>November 26 (always Thanksgiving Day)</td>
<td>National Family Health History Day</td>
<td>U.S. Dept. of Health and Human Services <a href="http://www.hhs.gov/familyhistory/">www.hhs.gov/familyhistory</a></td>
</tr>
</tbody>
</table>
International AIDS Awareness Month
International HIV/AIDS Alliance
frontlineaids.org

National Drunk and Drugged Driving Prevention (3D) Month
National Highway Traffic Safety Administration
www.nhtsa.gov/risky-driving

Safe Toys and Gifts Month
Prevent Blindness America
www.preventblindness.org

December 1 (same date annually)
World AIDS Day
HIV.gov
www.hiv.gov

December 5 (same date annually)
International Volunteer Day
United Nations Volunteers
www.unv.org

December 6 – 12 (first full week of December)
National Hand Washing Awareness Week
Henry the Hand Foundation
www.henrythehand.com

December 6 – 12
National Influenza Vaccination Week
www.cdc.gov/flu/nivw/

December 10 (same date annually)
Human Rights Day
United Nations Human Rights
www.ohchr.org

NWI 2020 Health & Wellness Observances Calendar
published by:
National Wellness Institute, Inc.
PO Box 827, Stevens Point, WI 54481–0827
715.342.2969
nwi@nationalwellness.org • NationalWellness.org

Information is published as a service and NWI may not be held responsible for misprints, changes in dates, or general errors in processing.
Please contact NWI with any corrections.

Last updated: October 30, 2019