



National Health Observances



Healthy Vision Month and Ultraviolet Awareness Month

National Eye Institute | 301.496.5248 | nei.nih.gov | preventblindness.org

Hepatitis Awareness Month

American Liver Foundation | 800.465.4837 | LiverFoundation.org

American Stroke Month & National High Blood Pressure Education Month

American Heart Association | 800.242.8721 | Heart.org

National Arthritis Awareness Month

Arthritis Foundation | 800.283.7800 | Arthritis.org

Mental Health Month

Recovery Resources | 216.431.4131 | RecRes.org

Preeclampsia Awareness Month

Preeclampsia Foundation | 800.665.9341 | Preeclampsia.org

Brain Tumor Awareness Month

National Brain Tumor Society | 617.924.9997 | BrainTumor.org

National Celiac Disease Awareness Month

Beyond Celiac | 844.856.6692 | BeyondCeliac.org

National Teen Pregnancy Prevention Month

Advocates for Youth | 202.419.3420 | AdvocatesForYouth.org

Lupus Awareness Month

Lupus Foundation of America, Inc. | 800.558.0121 | Lupus.org

Food Allergy Action Month

National Asthma and Allergy Awareness Month

Asthma and Allergy Foundation of America | 800.727.8462 | aafa.org

National Cystic Fibrosis Awareness Month

Cystic Fibrosis Foundation | 800.344.4823 | CFF.org

Melanoma / Skin Cancer Detection and Prevention Month

American Academy of Dermatology | 866.503.7546 | SpotSkinCancer.org

Lyme Disease Awareness Month

LymeDisease.org | LymeDisease.org

Better Hearing & Speech Month

ASHA | 800.498.2071 | IdentifytheSigns.org

ALS Awareness Month

ALS Association | 800.782.4747 | ALSA.org

National Osteoporosis Month

National Osteoporosis Foundation | 800.231.4222 | NOF.org

Physical Fitness & Sports Month Employee Health and Fitness Month

U.S. Dept. of HHS | 518.456.1058 | HealthFinder.gov

Daily and Weekly Observances

1-8, Children's Mental Health Awareness Week

National Alliance on Mental Illness | NAMI.org

5, Hand Hygiene Day

Centers for Disease Control and Prevention | CDC.gov

6-12, National Neuropathy Awareness Week

The Foundation for Peripheral Neuropathy | FoundationForPN.org

13-19, Food Allergy Action Week

Food Allergy Research & Education, Inc. | FoodAllergy.org

13-19, Alcohol & Drug-Related Birth Defects Awareness Week

National Council on Alcoholism and Drug Dependence, Inc. | NCADD.org

13-19, National Women's Health Week

Office of Women's Health | womenshealth.gov

30, National Senior Health and Fitness Day

Fitness Day | FitnessDay.com

31, World No Tobacco Day

World Health Organization | Who.int

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