

May

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 & 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

NPIN.CDC.GOV / CDC | CDC.gov

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

Skin Cancer Foundation | 212.725.5176 | SkinCancer.org

Neurofibromatosis Awareness Month

Children's Tumor Foundation | CTF.org

Huntington's Disease Awareness Month

Huntington's Disease Society of America | HDSA.org

ALS Awareness Month

ALS Association | 800.782.4747 | ALSA.org

Better Hearing & Speech Month

ASHA | 800.498.2071 | ASHA.org

Lyme Disease Awareness Month

LymeDisease.org | LymeDisease.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 | HHS.gov

Daily and Weekly Observances

5, Hand Hygiene Day

Centers for Disease Control and Prevention | CDC.gov

7, Children's Mental Health Awareness Day

Substance Abuse and Mental Health Services Administration | SAMHSA.gov

10-16, National Women's Health Week

Office of Women's Health | WomensHealth.gov

10-16, Alcohol & Drug-Related Birth Defects Awareness Week

Centers for Disease Control and Prevention | CDC.gov

16-20, Food Allergy Awareness Week

FAACT | FoodAllergyAwareness.org

22, Gout Awareness Day

Gout & Uric Acid Education Society | GoutEducation.org

27, National Senior Health and Fitness Day

Fitness Day | FitnessDay.com

31, World No Tobacco Day

World Health Organization | Who.int



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