



Updated 03/16/09

Year 2009 at a Glance

JANUARY

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

5-11 National Folic Acid Awareness Week
18-24 Healthy Weight Week
19 King Day of Service
19-25 National Certified Registered Nurses Week

FEBRUARY

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

6 National Wear Red Day
6 National Girls & Women in Sports Day
8-14 National Child Passenger Safety Awareness Week
8-14 National Cardiac Rehabilitation Week
9-15 Random Acts of Kindness Week
12-15 Trails Advocacy Week
14 National Condom Awareness Day
16-23 National Condom Week
22- 28 National Eating Disorders Awareness Week
Late February to early April
BACCHUS Network Safe Spring Break Programming

MARCH

American Red Cross Month
Brain Injury Awareness Month
Hemophilia Month
National Colorectal Cancer Awareness Month
National Developmental Disabilities Awareness Month

National Eye Donor Month
National Kidney Month
National Nutrition Month
National Poison Prevention Month
National Professional Social Work Month
Save Your Vision Month
Workplace Eye Health and Safety Month

2-6 National School Breakfast Week
2-8 National Sleep Awareness Week
1-7 National Collegiate Health and Wellness Week
15-21 National Poison Prevention Week
14-20 National Pulmonary Rehabilitation Week
1-7 National Problem Gambling Awareness Week
11 HIV/AIDS Awareness Day
22 World Water Day
22-29 Cover the Uninsured Week
23-27 National Youth Violence Prevention Week
25 American Diabetes Alert Day
31 Kick Butts Day

APRIL

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

Late February to early April - BACCHUS Network Safe Spring Break Programming
1 National Day of Hope
3, 4 & 5 Alcohol-Free Weekend

NWI 2009 National Health & Wellness Observances Calendar

APRIL (continued)

5 National Alcohol Screening Day
5-11 National Public Health Week
7 World Health Day
12-18 National Environmental Education Week (eeweek)
12-18 National Health Information Privacy & Security Week
13-19 National Library Week
14 International Moment of Laughter Day
19-25 National Minority Cancer Awareness Week
19-25 National Volunteer Week
20-26 National TV-Turnoff Week
20-26 Medical Fitness Week
22 Earth Day
22-29 Cover the Uninsured Week
23 Take Your Daughters and Sons to Work Day
24-26 Global Youth Service Day
25-5/2 National Infant Immunization Week
26-5/3 National SAFE KIDS Week
26-5/3 National Youth Violence Prevention Week

MAY

Asthma and Allergy Awareness Month
Better Sleep Month
Clean Air Month
Correct Posture Month
Healthy Vision Month/UV Safety Month
Hepatitis Awareness Month
Huntington's Disease Awareness Month
National Arthritis Month
National Bike Month
National High Blood Pressure Education Month
National Melanoma/Skin Cancer Detection and Prevention Month
National Mental Health Month
National Osteoporosis Awareness and Prevention Month
National Physical Fitness and Sports Month
National Stroke Awareness Month
National Teen Pregnancy Prevention Month
National Tuberos Sclerosis Awareness Month
Older Americans Month

26-May 3 National SAFE KIDS Week
26-May 3 National Youth Violence Prevention Week
27-May 3 National Volunteer Week
1-7 National Physical Education and Sports Week
2 Join Hands Day: Youth and Adults Volunteering Together
3-9 North American Occupational Safety and Health Week (NAOSH)
4-10 National Hug Holiday (seniors)
3-9 International Building Safety Week
6 School Nurses Day
6 PROJECT ACES DAY
6-12 National Nurses Week
6 National Prevent Teen Pregnancy Day

8 World Red Cross/ Red Crescent Day
9 World Fair Trade Day
10-16 International Building Safety Week
10-16 National Hospital Week
10-16 National Nursing Home Week
10-16 Women's Health Week
10-16 Bike to Work Week
14-20 National Volunteer Week (Australia)
17-23 National Emergency Medical Services Week
18-6/1 Buckle Up America! Week/Clik It or Ticket Week
20 National Employee Health and Fitness Day
24-30 Older Americans Mental Health Week
27 National Senior Health and Fitness Day
31 World No Tobacco Day

JUNE

Fireworks Safety Months (June/July)
Home Safety Month
National Great Outdoors Month
National Safety Month
National Scleroderma Awareness Month

1 Stand for Children Day
1-National Cancer Survivors Day
1-7 National Headache Awareness Week
5-World Environment Day
6 National Trails Day
7 National Cancer Survivors Day
14 World Blood Donor Day
15-21 National Men's Health Week
27 National HIV Testing Day
28-7/4 National Clean Beaches Week

JULY

Fireworks Safety Months (June/July)
Eye Injury Prevention Month
UV Safety Month

6/28-7/4 National Clean Beaches Week
12-18 National Therapeutic Recreation Week
18-23 34th Annual National Wellness Conference
19-25 Everyone Deserves A Massage Week

AUGUST

Cataract Awareness Month
Medic Alert Awareness Month
National Immunization Awareness Month

1-7 World Breastfeeding Week
2 Community Build Day – 50 builds in 50 States
9 International Day of the World's Indigenous People
9-15 National Health Center Week

NWI 2009 National Health & Wellness Observances Calendar

SEPTEMBER

America on the Move Month
Baby Safety Awareness Month
Biodiversity Month
Children's Eye Health and Safety Month
Fruit & Veggie Month
Healthy Aging™ Month
Leukemia & Lymphoma Society Month
National Alcohol and Drug Addiction Recovery Month
National Cholesterol Education Awareness Month
National Food Safety Education Month
National Ovarian Cancer Awareness Month
National Menopause Awareness Month
National Pain Awareness Month
National Preparedness Month
National Sickle Cell Disease Awareness Month
National Work & Family Month
National Yoga Month
Prostate Health Month
Sports and Home Eye Safety Month
Whole Grains Month

1-7 National Childhood Injury Prevention Week
6-12 Suicide Prevention Week
7 National Threatened Species Day
11 My Good Deed: Honor the Victims of September 11
11 World Suicide Prevention Day
13-19 Prostate Cancer Awareness Week
15 Take A Loved One to the Doctor Day
16 Backpack Awareness Day
20-26 National Rehabilitation Week
20-26 National Adult Immunization Awareness Week
21-27 Active Aging Week
21-27 National Farm Safety and Health Week
23 America on the Move Day
26 Family Health and Fitness Day USA
26 National Public Lands Day
30 National Women's Health & Fitness Day

OCTOBER

Alzheimer's Association Memory Walk
American Heart Walk
Auto Battery Safety Month
Children's Health Month
Domestic Violence Awareness Month
Health Literacy Month
Healthy Babies Month
Healthy Lung Month
Lupus Awareness Month
National Breast Cancer Awareness Month
National Chiropractic Month
National Crime Prevention Month
National Dental Hygiene Month
National Depression and
Mental Health Screening Month
National Disability Employment Awareness Month

National Family Sexuality Education Month
National Liver Awareness Month
National Physical Therapy Month
National Spina Bifida Month
National Spinal Health Month
National Sudden Infant Death Syndrome (SIDS)
Awareness Month
National UNICEF Month: Trick-or-Treat for UNICEF
National Work and Family Month
Talk About Prescriptions Month
Vegetarian Awareness Month

1 International Day of the Older Persons
2 National Depression Screening Day
4-10 National Fire Prevention Week
4-10 National Mental Illness Awareness Week
5 Child Health Day
5 World Habitat Day
5-11 National LPN Awareness and Recognition Week
7 International Walk-to-School Day
10 Put the Brakes on Fatalities Day
10 World Mental Health Day
13-17 National School Lunch Week
16 World Food Day
17 National Mammography Day
18-24 International Infection Prevention Week
18-24 Kids Care Week
18-24 National Massage Therapy Week
18-24 National Quality Health Care Week
19-25 National Respiratory Care Week
19-25 National Consultant and Senior Care Pharmacists
Week
19-25 National Health Education Week
20 World Osteoporosis Day
21-27 National Collegiate Alcohol Awareness Week
23-31 National Red Ribbon Campaign
24 Take Back Your Time Day
25 Make a Difference Day
28 National Lung Health Day

NOVEMBER

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

10-16 World Kindness Week
14 World Diabetes Day
15-21 American Education Week

NWI 2009 National Health & Wellness Observances Calendar

15 America Recycles Day
15 World Kindness Day
21 National Family Volunteer Day
22-28 National Family Week

NOVEMBER (continued)

19 Great American Smoke out
26 National Family Health History Day
25-Jan 2-Tie One On For Safety Campaign

DECEMBER

Nov 25-Jan 2-Tie One On For Safety Campaign
International Aids Awareness Month
National Drunk and Drugged Driving Prevention Month
Safe Toys and Gifts Month
1 World Aids Day
1-7 National Aplastic Anemia Awareness Week
3-9 National Hand Washing Awareness Week
5 International Volunteer Day
10 National Human Rights Day

2009 Health & Wellness Observances Sponsors

JANUARY

Cervical Health Awareness Month

National Cervical Cancer Coalition
(NCCC)
6520 Platt Ave. #693
West Hills, CA 91307
(818) 909-3849
<http://www.nccc-online.org>

National Birth Defects Prevention Month

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 997-4488
<http://www.marchofdimes.com>
or
Center for Disease Control & Prevention
Mail Stop E- 86
1600 Clifton Rd
Atlanta, GA 30333
(800) 311-3435
<http://www.cdc.gov>

National Blood Donor Month

American Association of Blood Banks
(AABB)
8101 Glenbrook Road
Bethesda, MD 20814-2749
(301) 907-6977
<http://www.aabb.org>

National Glaucoma Awareness Month

Glaucoma Research Foundation
251 Post Street, Ste 600
(800) 826-6693
<http://www.glaucoma.org>

January 5-11

National Folic Acid Awareness Week

National Council on Folic Acid
2000 N. Beauregard Street, 6th Floor
Alexandria, VA 22311
(703) 838-7551
<http://folicacidinfo.org>

January 18 - 24 **Healthy Weight Week**

Healthy Weight Network
402 South 14th Street
Hettinger, ND 58639
(701) 567-2646
<http://www.healthyweightnetwork.com>

January 19 (Martin Luther King Day) **King Day of Service**

Corporation for National and community Service
1201 New York Ave, NW
Washington, DC 20525
(202) 606-5000
<http://www.mlkday.gov>

January 19-25 **National Certified Registered Nurses Week**

American Association of Nurse Anesthetists
222 S. Prospect Ave
Park Ridge, IL 60068-4001
(847) 692-7050
<http://www.aana.com>

FEBRUARY

AMD/Low Vision Awareness Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
<http://www.preventblindness.org>

Heart Month

Contact your local chapter of the American Heart Association at (800) AHA-USA1
-or-
AHA
National Center
7272 Greenville Avenue
Dallas, TX 75231
(800) 242-8721
<http://www.americanheart.org>

National Cancer Prevention Month

American Institute for Cancer Research
1759 R Street NW
Washington D.C., 20009
(800) 843-8114
<http://www.aicr.org>

National Children's Dental Health Month

Contact the state or local dental society
-or-
American Dental Association
211 East Chicago Avenue
Chicago, IL 60611
(312) 440-2500
<http://www.ada.org>

February (continued)

Wise Health Consumer Month

American Institute for Preventive
Medicine
30445 Northwestern Highway, Suite
350
Farmington Hills, MI 48334
(800) 345-2476 or (248) 539-1800
<http://www.healthylife.com>

February 6

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
P.O. Box 30105
Bethesda, MD 20824-0105
301-592-8573,
<http://www.hearttruth.gov>
or
WomenHeart
818 18th St., NW, Ste., 930
Washington, DC 20006
202-728-7199
www.womenheart.org
or
Go Red For Women Cause Initiatives
American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
http://www.goredforwomen.org/national_wear_red_day.aspx

February 6

National Girls & Women in Sports Day

National Girls and Women in Sports
Coalition
c/o National Association for Girls and
Women in Sport
AAHPERD
1900 Association Drive
Reston, VA 20191-1598
(703) 476-3400
<http://www.aahperd.org/ngwsdcentral/>

February 8-14

National Child Passenger Safety Awareness Week

NHTSA
1200 New Jersey Ave SE
West Building
Washington, DC 20590
(888) 327-4236
<http://www.nhtsa.dot.gov>

February 8-14

National Cardiac Rehabilitation Week

AACVPR Office
401 N. Michigan Ave., Suite 2200
Chicago, IL 60611
(312) 321-5146
<http://www.aacvpr.org>

February 9-15

Random Acts of Kindness Week

Random Acts of Kindness Foundation
1727 Tremont Place
Denver, CO 80202
(800) 660-2811
<http://www.actsofkindness.org>

February 12-15 (2008 date)

Trails Advocacy Week

American Hiking Society
1422 Fenwick Lane
Silver Spring MD 20910
(301) 565-6704
<http://www.americanhiking.org/events/ntd/>
info@AmericanHiking.org

February 14

National Condom Awareness Day

American Social Health Association
PO Box 13827
Research Triangle Park, NC 27709
(919) 361-8400
<http://www.ashastd.org>

February 16-23

National Condom Week

The Bacchus Network National Office
PO Box 100430
Denver CO 80250-0430
(303) 871-0901
<http://www.bacchusgamma.org>

February 22- 28

National Eating Disorders Awareness Week

National Eating Disorders Association
603 Stewart St. Suite 803
Seattle, WA 98101
(206) 382-3587; (800) 931-2237
info@nationaleatingdisorders.org
<http://www.nationaleatingdisorders.org>

Late February- Early April

Collegiate Safe Spring Break Programming

The Bacchus Network National Office
PO Box 100430
Denver, CO 80250-0430
(303) 871-0901
<http://www.bacchusgamma.org>

MARCH

American Red Cross Month

American Red Cross, National
Headquarters
2025 E Street, NW
Washington, DC 20006
(202) 303-4498
-or- contact your local chapter
<http://www.redcross.org>

Brain Injury Awareness Month

Brain Injury Association of America
1608 Spring Hill Rd, Ste 110
Vienna VA 22182
703-761-0750
<http://www.biausa.org>

Hemophilia Month

National Hemophilia Foundation
116 W. 32nd St, 11th Floor
New York, NY 10001
(800) 424-2634
<http://www.hemophilia.org>

National Colorectal Awareness Month

Cancer Research and Prevention
Foundation
1600 Duke Street, Suite 500
Alexandria, VA 22314
(800) 227-2732
<http://www.preventcancer.org/colorectal>

National Developmental Disabilities Awareness Month

The Arc of the United States
1010 Wayne Avenue, Suite 650
Silver Spring, MD 20910
(301) 565-3842
<http://www.thearc.org>

National Eye Donor Month

EBAA
Eye Bank Association of America
1015 18th Street, NW, Suite 1010
Washington DC 20036
(202) 775-4999
<http://www.restoreight.org>

National Kidney Month

National Kidney Foundation
30 East 33rd Street
New York, NY 10016
(800) 622-9010
<http://www.kidney.org>

NWI 2009 National Health & Wellness Observances Calendar

March (continued)

National Nutrition Month

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
(800) 877-1600
<http://www.eatright.org>

National Poison Prevention Month

Poison Prevention Council
P.O. Box 1543
Washington, D.C. 20013
(301) 504-7058
<http://www.poisonprevention.org>
or
American Association of Poison Control
Centers
515 King Street, Ste 510
Alexandria VA 22314
(703) 894-1858
Poison control emergency
(800) 222-1222
<http://www.aapcc.org>

National Professional Social Work Month

National Association of Social Workers
750 First Street NE, Suite 700
Washington, DC 20002-4241
(202) 408-8600
<http://www.socialworkers.org>

Save Your Vision Month

American Optometric Association
243 N. Lindbergh Boulevard, 1st Floor
St. Louis, MO 63141
(800) 365-2219
<http://www.aoanet.org>

Workplace Eye Health and Safety Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
<http://www.preventblindness.org>

March 2-6

National School Breakfast Week

School Nutrition Association
700 S. Washington St., Suite 300
Alexandria, VA 22314
(703) 739-3900
<http://www.schoolnutrition.org>

March 2-8 (week before daylight savings time)

National Sleep Awareness Week

National Sleep Foundation
1522 K Street, NW, Suite 500

Washington, DC 20005
(202) 347-3471

<http://www.sleepfoundation.org>

March 1-7

National Collegiate Health and Wellness Week

The Bacchus Network National Office
PO Box 100430
Denver, CO 80250-0430
(303) 871-0901
<http://www.bacchusgamma.org>

March 1-7

National Problem Gambling Awareness Week

The National Council on Problem
Gambling, Inc.
216 G Street NE, Suite 200
Washington, D.C. 20002
1-800-522-4700 help line
(202) 547-9204
<http://www.ncpgambling.org/>

March 14-20

National Pulmonary Rehabilitation Week

American Association of
Cardiovascular and Pulmonary
Rehabilitation
401 N. Michigan Ave, Suite 2200
Chicago, IL 60611-4267
(312) 321-5146
<http://www.aacvpr.org>

March 15-21

National Poison Prevention Week

Poison Prevention Week Council
c/o U.S. Product Safety Commission
PO Box 1543
Washington, DC 20013
(301) 504-7058
<http://www.poisonprevention.org>

March 20

National HIV/AIDS Awareness Day

National Native HIV/AIDS
Awareness Day
Native CBA Network
Inter Tribal Council of Arizona, Inc.
(602) 258-4822
www.itcaonline.com

Commitment to Action for 7th Generation
Awareness & Education: HIV/AIDS
Prevention Project
(800) 642-0273
www.happ.colostate.edu

National Native American AIDS
Prevention Center
(720) 382-2248
www.nnaapc.org

March 22 (Same date each year)

World Water Day

RC International Water and Sanitation
Centre
PO Box 2869
2601 CW Delft
The Netherlands
Phone: +31 15 219 2939
Fax: +31 15 219 2955
<http://www.worldwaterday.org/page/121>

March 22 - 28

Cover the Uninsured Week

(202) 572-2928
info@covertheuninsuredweek.org
<http://www.covertheuninsuredweek.org>

March 23-27

National Youth Violence Prevention Week

National Association of SAVE
322 Chapanoke Road, Suite 110
Raleigh, NC 27603
(866) 343-SAVE
info@nationalsave.org
http://www.nationalsave.org/main/YVP_C.php

March 25

American Diabetes Alert Day

American Diabetes Association
Public Relations
1701 N. Beauregard St.
Alexandria, VA 22311
(800) 342-2383
<http://www.diabetes.org>

March 31

Kick Butts Day

Campaign for Tobacco-Free Kids
1400 I Street NW, Suite 1200
Washington, DC 20005
(202) 296-5469
<http://www.tobaccofreekids.org>

APRIL

National Alcohol Awareness Month

SAMSHA's National Clearinghouse for
Alcohol & Drug Information
PO Box 2345
Rockville MD 20847-2345
(800) 729-6686 (to locate an area
affiliate)
<http://www.ncadi.samsha.gov>

National Cancer Control Month

Contact your local chapter or
American Cancer Society
National Home Office
250 Williams Street

NWI 2009 National Health & Wellness Observances Calendar

April (continued)

Atlanta, GA 30329
(800) 227-2345
<http://www.cancer.org>

National Child Abuse Prevention Month

Prevent Child Abuse America
500 North Michigan Avenue, Suite 200
Chicago, IL 60611
(312) 663-3520
<http://www.preventchildabuse.org>

-or-

Child Welfare Information Gateway
Children's Bureau/ACYF
1250 Maryland Avenue, SW
Eighth Floor
Washington, DC 20024
703.385.7565 or 800.394.3366
Email: info@childwelfare.gov
<http://www.childwelfare.gov/preventing/preventionmonth/>

National Counseling Awareness Month

American Counseling Association
(ACA)
5999 Stevenson Ave.
Alexandria, VA 22304
(800) 347-6647
<http://www.counseling.org>

National Donate Life Month

HRSA Information Center
P.O. Box 2910
Merrifield, VA 22116
(888) 275-4772
(877) 489-4772
<http://www.ask.hrsa.gov/Organ.cfm>

National Humor Month

Association for Applied and Therapeutic
Humor
65 Enterprise
Aliso Viejo, CA 92656
888-747-AATH (2284)
949-715-4681 International
E-mail: staff@aath.org
http://www.aath.org/authors_crisis.htm

Carmel institute Of Humor
25470 Canada Drive
Carmel CA 93923-8926
(831) 624-3058
<http://www.larrywilde.com/month/htm>

<http://www.thehumorcollection.org/>

<http://www.comedycures.org>

National Minority Health & Health

Disparities Month

Office of Minority Health Resource
Center
PO Box 37337
Washington, DC 20013-7337
(800) 444-6472
<http://www.omhrc.gov>

National Occupational Therapy Month

The American Occupational Therapy
Association
PO Box 31220
4720 Montgomery Lane
Bethesda, MD 20824-1220
(301) 652-2682 (800)-377-8555
<http://www.aota.org/>

National STD's/Family Planning Awareness Month

American Social Health Association
PO Box 13827
Research Triangle Park, NC 27709
(919) 361-8400
800-227-8922 hotline
<http://www.ashastd.org>

National Youth Sports Safety Month

National Youth Sports Safety Foundation,
Inc.
1 Beacon Street, Suite 3333
Boston, MA 02108
(617) 367-6677
<http://www.nyssf.org>

Sexual Assault Awareness Month

National Sexual Violence Resource
Center
123 North Enola Drive
Enola, PA 17025
(877) 739-3895
resources@nsvrc.org
<http://www.nsvrc.org>

Women's Eye Health and Safety Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 6006
(800) 331-2020
<http://www.preventblindness.org>

Late February- Early April Safe Spring Break Programming

The BACCHUS Network National
Office
Association Task Force on Alcohol and
Other Drugs
PO Box 100430
Denver, CO 80250-0430
(303) 871-0901
<http://www.bacchusgamma.org>

April 1 (first Wednesday of April)

National Day of Hope

Childhelp USA National Hdqtrs
15757 N 78th Street
Scottsdale, AZ 85260
480-922-8212
800-422-4453 (hot line)
<http://www.childhelpusa.org>

April 3,4 & 5

Alcohol-Free Weekend

National Council on Alcoholism and Drug
Dependence, Inc.
244 East 58th Street, 4th Floor
New York, NY 10022
(212) 269-7797
(800) NCA-CALL (24-hr. helpline)
national@ncadd.org
<http://www.ncadd.org>

April 5

National Alcohol Screening Day

Screening for Mental Health, Inc.
One Washington Street, Suite 304
Wellesley Hills, MA 02481
(781) 239-0071
<http://www.mentalhealthscreening.org>

April 5-11 (first full week April)

National Public Health Week

American Public Health Association
800 I Street, NW
Washington, DC 20001-3170
(202) 777-2742
<http://www.apha.org>

April 7

World Health Day

World Health Organization
Regional Office for the Americas
525 23rd Street NW
Washington DC 20037
USA
(202) 974-3000
<http://www.who.org>
<http://www.paho.org>

April 12-18

National Environmental Education Week (eeweek)

National Environmental Education
Foundation
4301 Connecticut Ave, Ste 160
Washington DC 20008
(202) 261-6484
www.eeweek.org
<http://www.neefusa.org/programs/eeweek.htm>

NWI 2009 National Health & Wellness Observances Calendar

April (continued)

April 12-18

National Health Information

Privacy & Security Week

American Health Information
Management Association - AHIMA
233 N. Michigan Avenue, 21st Floor
Chicago, IL 60601-5800
(312) 233-1100
info@ahima.org
<http://www.ahima.org>

April 13-19

National Library Week

American Library Association
50 East Huron Street
Chicago, IL 60611
(800) 545-2433 ext. 2153
<http://www.ala.org>

April 14

International Moment of Laughter Day

Izzy Gesell, Wide Angle Humor
PO Box 962
Northampton, MA 01061
(413) 586-2634
<http://www.izzyg.com>

April 19-25

National Minority Cancer Awareness Week

National Cancer Institute
Public Inquiries Office
6116 Executive Boulevard, MSC
8322, Suite 3036 A
Bethesda, MD 20892-8322
(800) 4-CANCER (800-422-6237)
<http://cancernet.nci.nih.gov>

April 19-25

National Volunteer Week

The Points of Light and Hands On
Network
1875 K St NW 5th Floor
Washington, DC 20006
(202) 279-8000
<http://www.PointsofLight.org>

April 20-26

National TV-Turnoff Week

Center for Screen Time Awareness
1200 29th Street, NW
Lower Level #1
Washington, DC 20007
email@tvturnoff.org
<http://www.tvturnoffyourtv.com>
<http://www.screentime.org>

April 20-26

Medical Fitness Week

Medical Fitness Association

PO Box 73103
Richmond, VA 23235-8026
804-897-5701
<http://www.medicalfitness.org>

April 22

Earth Day

Earth Day Network
1616 P Street NW, Suite 340
Washington, D.C. 20036
USA
(202) 518-0044
<http://www.earthday.net>

April 23 (fourth Thursday April)

Take Your Daughters and Sons to Work Day

Daughters And Sons To Work® Day
(800) 676-7780
today@mindspring.com
<http://www.daughtersandsonstowork.org/wmspage.cfm?parm1=49>

April 24 – 26

Global Youth Service Day

Youth Service America
1101 15th Street, Suite 200
Washington DC, 20005
(202) 296-2992
<http://ysa.org/NatlGYSD/tabid/59/Default.aspx>

April 25 – May 2

National Infant Immunization Week

CDC, National Immunization Program
1600 Clifton Road, NE
Mail Stop E05
Atlanta, GA 30333
(800) 311-3435
<http://www.cdc.gov/vaccines/events/niiw>

April 26 - May 3

National SAFE KIDS Week

Safe Kids Worldwide
National SAFE KIDS Campaign
1301 Pennsylvania Ave, NW,
Suite 1000
Washington, DC 20004-1707
(202) 662-0600
<http://www.safekids.org>

Asthma and Allergy Awareness Month

Allergy and Asthma Foundation of
America
1233 20th Str NW, Ste 402
Washington, DC 20036
(800) 727-8462
<http://www.aafa.org>
<http://www.aanma.org>

Better Sleep Month

The Better Sleep Council
501 Wythe St.
Alexandria, VA 22314-1917
(800) 586-4872
<http://www.bettersleep.org>

Clean Air Month

American Lung Association
Communications Department
61 Broadway 6th Floor
New York, NY 10006
(800) 586-4872
<http://www.lungusa.org>
or
Centers for Disease Control and
Prevention, 1600 Clifton Rd, Atlanta, GA
30333, U.S.A.
(800) 232-4636
TTY: (888) 232-6348 24 Hours
cdcinfo@cdc.gov
<http://www.cdc.gov/features/cleanairmonth>
[h](#)

Correct Posture Month

American Chiropractic Association
Communications Department
1701 Clarendon Boulevard
Arlington, VA 22209
(703) 276-8800
<http://www.amerchiro.org>

Healthy Vision Month/UV Safety

National Eye Institute
2020 Vision Place
Bethesda, MD 20892-3655
(301) 496-5248
<http://www.healthyvision2010.org/hvm>

Hepatitis Awareness Month

Hepatitis Foundation International
504 Blick Drive
Silver Springs, MD 20904
(800) 891-0707
<http://www.hepfi.org>

Huntington's Disease Awareness Month

Huntington's Disease Society of America
505 Eighth Ave., Suite 902
New York, NY 10018
(800) 345-4372
<http://www.hdsa.org>

National Arthritis Month

Arthritis Foundation
PO Box 7669
1330 W. Peachtree Street, Suite 100
Atlanta, GA 30357-0669
(800) 283-7800
<http://www.arthritis.org>

April (continued)

National Bike Month

League of American Bicyclists
1612 K Street NW, Suite 800
Washington, DC 20006-2850
(202) 822-1333
<http://www.bikeleague.org>

National High Blood Pressure Education Month

NHLBI Information Center
PO Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
<http://www.nhlbi.nih.gov/>

National Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology
PO Box 4014
Schaumburg, IL 60168-4014
(866) 503-7546
<http://www.aad.org>
-or-
American Cancer Society
(866) 228-4327
<http://www.cancer.org>

National Mental Health Month

National Mental Health Association
2001 N. Beauregard St., 6th Floor
Alexandria, VA 22311
(703) 684-7722, (800) 969-6642
<http://www.nmha.org>

National Osteoporosis Awareness Prevention Month

National Osteoporosis Foundation
1232 22nd St., NW
Washington, DC 20037-1202
(202) 223-2226
<http://www.nof.org>

National Physical Fitness and Sports Medicine Month

President's Council on Physical Fitness and Sports
PCPFS
Department W
200 Independence Avenue SW
Rm 738-H
Washington, DC 20201-0004
(202) 690-9000
<http://www.fitness.gov>

National Stroke Awareness Month

National Stroke Association
9707 East Easter Ln. Bldg B
Centennial, CO 80112
(800) 787-6537 (STROKES)

<http://www.stroke.org>

-or-

American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
(800) 242-8721
<http://www.americanheart.org>

-or-

contact your local American Heart Association office or call (800) 242-8721 or American Heart Association Stroke Connection Warm Line (800) 553-6321

National Teen Pregnancy Prevention Month

Advocates for Youth
2000 M Street NW, Suite 750
Washington, DC 20036
(202) 419-3420
<http://www.advocatesforyouth.org>

National Tuberous Sclerosis Awareness Month

Tuberous Sclerosis Alliance
801 Roeder Rd., Suite 750
Silver Spring, MD 20910
(800) 225-6872
<http://www.tsalliance.org/>

Older Americans Month

U.S. Dept. of Health and Human Services
Administration on Aging
1 Massachusetts Ave, NW, Ste 4100
Washington, DC 20201
(202) 619-0724
<http://www.aoa.dhhs.gov>

April 27 – May 3

National Volunteer Week

Points of Light and Hands on Network
1875 K St NW 5th Floor
Washington, DC 20006
(800) 750-7653 (202) 729-8000
Info@PointsofLight.org
<http://www.PointsofLight.org>

April 26 - May 3

National SAFE KIDS Week

Safe Kids Worldwide
National SAFE KIDS Campaign
1301 Pennsylvania Ave, NW,
Suite 1000
Washington, DC 20004-1707
(202) 662-0600
info@safekids.org
<http://www.safekids.org>

MAY

May 1-7 (same dates each year)
National Physical Education and Sports Week

National Association for Sport and Physical Education (American Alliance for Health, Physical Education, Recreation, and Dance)
1900 Association Drive
Reston, VA 20191-1598
(800) 213-7193 (703) 476-3400
<http://www.aahperd.org>

May 2

Join Hands Day: Youth and Adults Volunteering Together

Points of Light and Hands on Network
1875 K St NW 5th Floor
Washington, DC 20006
(800) 750-7653 (202) 729-8000
Info@PointsofLight.org
<http://www.PointsofLight.org>

May 3- 9

North American Occupational Safety and Health Week (NAOSH)

American Society of Safety Engineers
1800 E Oakton St
Des Plaines, IL 60018
847-699-2929
<http://www.asse.org/naosh>

May 3-9

International Building Safety Week

International Code Council
Foundation
500 New Jersey Avenue, NW, 6th Floor
Washington, DC 20001-2070 1-888-ICC-SAFE (422-7233), ext. 6327

May 4-10

National Hug Holiday Week

Hugs for Health Foundation
P.O. Box 896
Seal Beach, CA 90740
(714) 832-4847
<http://www.hugs4health.org/>

May 6-12 (same dates each year)

National Nurses Week

American Nurses Association
8515 Georgia Ave, Suite 400
Silver Spring, MD 20910-3492
(800) 274-4262
<http://www.nursingworld.org>

May 6 (during National Nurses Week)
School Nurse Day

Corporate Headquarters
8484 Georgia Ave, Suite 420
Silver Springs, MD 20910

NWI 2009 National Health & Wellness Observances Calendar

May (continued)

(866) 627-6767
<http://www.nasn.org>

May 6 (first Wednesday in May)
PROJECT ACES DAY
(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
PO Box 6452-Dept. W
Jersey City, NJ 07306-0452
hj@cofitness.net
<http://www.projectaces.com>

May 7 (2008)
National Prevent Teen Pregnancy Day
The National Campaign to Prevent
Teen Pregnancy
1776 Mass. Ave, NW, Suite 200
Washington, DC 20036
(202) 478-8500
campaign@teenpregnancy.org
<http://www.teenpregnancy.org>

May 8 (same date each year)
**World Red Cross/Red Crescent
Day**
American Red Cross, Intl. Services
National Headquarters
2025 E Street, NW
Washington, DC 20006
(202) 303-4498
or contact your local chapter
<http://www.redcross.org>

May 9
World Fair Trade Day
International Fair Trade Association
(IFAT)
Prijssestraat 24
4101 CR Culemborg
The Netherlands
info@ifat.org
<http://www.ifat.org>

May 10-16 (second week of May)
International Building Safety Week
International Code Council Foundation
(888) 422-7233
<http://www.icc-foundation.org>
<http://www.iccsafe.org/safety/BSW/>

May 10-16 (during week of May 12th)
National Hospital Week
American Hospital Association
One North Franklin
Chicago, IL 60606-3421
(312) 422-3000
<http://www.aha.org>

May 10-16 (Mother's Day week)

National Nursing Home Week
American Health Care Association
1201 L Street, N.W.
Washington, DC 20005
(202) 842-4444
http://www.ahcancal.org/events/national_nursing_home_week/Pages/default.aspx

May 10-16 (Mother's Day week)
Women's Health Week
Office on Women's Health
Department of Health and Human
Services
200 Independence Ave, SW, Rm 712E
Washington, DC 20201
202-690-7650
<http://www.4woman.gov/owh>

May 10-16 (third week in May)
Bike to Work Week
League of American Bicyclists
1612 K Street NW, Suite 800
Washington, DC 20006-2850
(202) 822-1333
bikeleague@bikeleague.org
<http://www.bikeleague.org>

May 14-20 (2008)
**National Volunteer Week –
Australia**
The Center for Volunteering
228 Pitt Street, Level 2
Sydney, NSW 2000
info@volunteer.com.au
http://www.volunteering.com.au/contact_us.asp

May 17-23
**National Emergency Medical
Services Week**
American College of Emergency
Physicians
PO Box 61911
1125 Executive Circle
Irving, TX 75038-2522
800-798-1822
<http://www.acep.org/emsweek/>

May 18-6/1
**Buckle Up America! Week/Click It
or Ticket Week**
NHTSA
1200 New Jersey Ave, SE, West
Building
Washington, DC 20590
(888) 327-4236
<http://www.nhtsa.gov>

May 20
**National Employee Health and
Fitness Day**
National Association for Health and
Fitness
c/o Be Active New York State
65 Niagara Square, Room 607
Buffalo, NY 14202
(716) 583-0521 or (716) 851-4052
<http://www.physicalfitness.org>

May 24-30 (last full week in May)
**Older Americans Mental Health
Week**
Older Women's League
3300 N. Fairfax Drive, Suite 218
Arlington, VA 22201
(703) 812-7990 ext.21
(703) 812-0687
<http://www.owl-national.org>

May 27
**National Senior Health & Fitness
Day**
National senior Health & Fitness Day
Mature Market Resource Center
1850 W. Winchester Rd., Suite 213
Libertyville, IL 60048
(847) 816-8660
info@fitnessday.com
<http://www.fitnessday.com>

May 31
World No Tobacco Day
American Health Organization
WHO Regional Office for the Americas
525 23rd St., NW
Washington, DC 20037
(202) 974-3000
<http://www.who.int/tobacco/wntd/en>

JUNE

(June/July)
Fireworks Safety Months
Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, Illinois 60606
800/331-2020
<http://www.preventblindness.org>

Home Safety Month
Home Safety Council
1250 Eye Street, NW, Suite 1000
Washington, DC 20005
(202) 330-4900
info@homesafetycouncil.org
<http://www.homesafetycouncil.org/homesafetymonth>

NWI 2009 National Health & Wellness Observances Calendar

June (continued)

National Great Outdoors Month

American Recreation Coalition
1225 New York Ave. NW
Suite 450
Washington, DC 20005-6405
202-682-9530
<http://www.greatoutdoorsmonth.org/>

National Safety Month

National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
(630) 285-1121
info@ncs.org
<http://www.nsc.org>

National Scleroderma Awareness Month

United Scleroderma Foundation, Inc.
300 Rosewood Drive, Suite 105
Danvers, MA 01923
(800) 722-4673
<http://www.scleroderma.org>

June 1

Stand for Children Day

516 SE Morrison, Suite 410
Portland, OR 97214
(800) 663-4032
<http://www.stand.org>

June 1-7 (same each year)

National Headache Awareness Week

National Headache Foundation
820 N. Orleans, Suite 217
Chicago, IL 60610
(888) NHF-5552
<http://www.headaches.org>

June 5 (same date each year)

World Environment Day

United Nations Environment
Programme (UNEP)
PO Box 30552
United Nations Avenue
Gigiri, Nairobi 00100
Kenya
www.unep.org/wed
Rajinde.sign@unep.org

June 6 (first Saturday in June)

National Trails Day

American Hiking Society
1422 Fenwick Lane
Silver Spring MD 20910
(301) 565-6704 or (800) 972-8608
info@AmericanHiking.org
<http://www.americanhiking.org/events/ntd/>

June 7

National Cancer Survivors Day

National Cancer Survivors Day
Foundation
PO Box 682285
Franklin TN 37068-2285
(615) 794-3006
info@ncsdf.org
<http://www.ncsdf.org>

June 14 (same date each year)

World Blood Donor Day

<http://www.wbdd.org/>

June 15-21 (ending with Father's Day)

National Men's Health Week

National Men's Health Network
PO Box 75972
Washington D.C. 20013
(202) 543-6461 x101
<http://www.menshealthweek.org>

June 27 (same date each year)

National HIV Testing Day

National Association of People With
Aids
8401 Colesville Road
Suite 505
Silver Spring, MD 20910
240-247-0880
<http://www.napwa.org>

June 28-July 4 (during 4th of July)

Clean Beaches Week

Clean Beaches Council
1225 New York Avenue, NW
Suite 450
Washington, DC 20005
202-682-9507
info@cleanbeaches.org
<http://www.cleanbeaches.org>

JULY

(June & July)

June 28-July 4 (during 4th of July)

Clean Beaches Week

(June & July)

Fireworks Safety Months

National Council on Fireworks Safety
1700 Pennsylvania Ave, Ste 400
Washington DC 20006
(202) 349-7127
getinfo@fireworksafety.com
<http://www.fireworksafety.com/>

Eye Injury Prevention Month

Federal Occupational Health

4550 Montgomery Ave, Ste 900
Bethesda, MD 20814
(301) 594-0260 or (800) 457-9808

<http://www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp>

UV Safety Month

American Academy of Ophthalmology
PO Box 7424
San Francisco, CA 94120-7424
(415) 561-8500

<http://www.preventblindness.org>

and

http://www.earthgauge.net/wp-content/fact_sheets/EG_UV_Safety.pdf

July 12-18 (second week in July)

National Therapeutic Recreation Week

NTRS

Branch of the National Park and
Recreation Association
22377 Belmont Ridge Road
Ashburn, VA 20148
(703) 858-0784

<http://www.nrpa.org>

July 18-23, 2009

34th Annual

National Wellness Conference

(UW-Stevens Point Campus)

National Wellness Institute
PO Box 827; 1300 College Court
Stevens Point, WI 54481-0827
(800) 243-8694

<http://www.nationalwellness.org>

July 19-25

Everybody Deserves Massage Week

Assoc. Bodywork and Massage Prof.
1271 Sugarbush Dr.
Evergreen, CO 80439-9766
(800) 458-2267

<http://www.abmp.com>

AUGUST

Cataract Awareness Month

American Academy of Ophthalmology
PO Box 7424
San Francisco, CA 94120
(415) 561-8500

<http://www.aao.org>

Medic Alert Awareness Month

Medic Alert Foundation International
2323 Colorado Avenue

August (continued)

Turlock, CA 95382
(888) 633-4298

<http://www.medicalert.org>

National Immunization Awareness Month

Center for Disease Control & Prevention

1600 Clifton Rd.

Atlanta GA 30333

(800) 232-4636

<http://www.cdc.gov/vaccines>

August 1-7

World Breastfeeding Week

La Leche League International
PO Box 4079

Schaumburg, IL 60168-4079

(800) 525-3243

<http://www.llli.org/>

August 9 (always)

International Day of the World's Indigenous People

Dag Hammarskjöld Library
United Nations

Consortium and Collections Unit,
Room L-360

405 East 42nd Street

New York, N.Y. 10017 USA

(212) 963-7395 - Room: L-105

<http://www.un.org/depts/dhl/indigenous/>

August 9-15 (second week in August)

National Health Center Week

National Association of Community Health Centers, Inc.

7200 Wisconsin Ave., Suite 210

Bethesda, MD 20814

301-347-0400

<http://www.healthcenterweek.com/>

SEPTEMBER

America on the Move - Month of Action

American on the Move Foundation
44 School St. Ste. 325

Boston, MA 02108

(800)807-0077 or (617) 367-6894

<http://www.americaonthemove.org>

Baby Safety Awareness Month

Juvenile Product Manufacturers Association

15000 Commerce Parkway, Suite C

Mt. Laurel, NJ 08054

(856) 638-0420

jpma@ahint.com

<http://www.jpma.org>

BioDiversity Month

Dept. of the Environment and Heritage
GPO Box 787

Canberra ACT 2601

Australia

<http://www.environment.gov.au/biodiversity/>

Children's Eye Health and Safety Month

Prevent Blindness America

211 West Wacker Drive, Suite 1700

Chicago, IL 60606

(800) 331-2020

<http://www.preventblindness.org>

Fruit & Veggie Month

Fruits & Veggies More Matters

5341 Limestone Rd

Wilmington DE 19808

(302) 235-2329fruitsand

<http://www.fruitsandveggiesmatter.gov>

<http://www.movingtothefuture.org>

Healthy Aging™ Month

Healthy Aging Campaign

Educational Television Network, Inc.

PO Box 442

Unionville, PA 19375

(610) 793-0979

info@healthyaging.net

<http://www.healthyaging.net>

Leukemia & Lymphoma Awareness Month

Leukemia and Lymphoma Society of America

1311 Mamaroneck Ave

White Plains, NY 10605

(914) 821-8806; (800) 955-4572

<http://www.leukemia-lymphoma.org>

National Alcohol and Drug Addiction Recovery Month

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Clearinghouse for Alcohol and Drug Information

PO Box 2345

Rockville, MD 20847-2345

(800) 729-6686

<http://www.recoverymonth.gov>

National Cholesterol Education Awareness Month

National Heart, Lung, and Blood

Institute Information Center

PO Box 30105

Bethesda, MD 20824-0105

(301) 592-8573

<http://hp2010.nhlbihin.net/cholmonth/>

National Food Safety Education Month

International Food Safety Council

National Restaurant Association

Educational Foundation

International Food Safety Council

175 W. Jackson Blvd.

Suite 1500

Chicago, IL 60604-2702

(800) 765-2122

<http://www.nraef.org/nfsem/>

National Ovarian Cancer Awareness Month

National Ovarian Cancer Coalition, Inc.

500 NE Spanish River Blvd., Suite 8

Boca Raton, Florida 33431

Phone: 561-393-0005

888-OVARIAN (888) 682-7426

<http://www.ovarian.org>

National Menopause Awareness Month

North American Menopause Society

PO Box 9427

Cleveland, OH 44101

(440) 442-7550

info@menopause.org

<http://www.menopause.org>

National Pain Awareness Month

The National Pain Foundation

300 E Hampden Avenue, Suite 100

Englewood, CO 80113

<http://www.naitonalpainfoundation.org>

or

Pain Connection

Chronic Pain Outreach Center, Inc.

12251 Saint James Road

Potomac, MD 20854

(301) 309-2444

info@painconnection.org

National Preparedness Month

Cosponsored by

American Red Cross

National Headquarters

2025 E Street, NW

Washington, DC 20006

(800) 733-2767

<http://www.redcross.org/>

and

U.S. Dept of Homeland Security

Washington, D.C. 20528

202-282-8000

<http://www.ready.gov/>

September (continued)

National Sickle Cell Disease Awareness Month

Sickle Cell Disease Association of America, Inc.
231 East Baltimore Street, Suite 800
Baltimore, MD 21202
(800) 421-8453
scdaa@sicklecelldisease.org
<http://www.sicklecelldisease.org>

National Work & Family Month

AWLP Headquarters
14040 N. Northsight Blvd.
Scottsdale, AZ 85260
480/922-2007; 800/874-9383
awlp@worldatwork.org
<http://www.awlp.org/awlp/nwfm/nwfm-home.jsp>

National Yoga Month

Yoga Health Foundation
4051 Glencoe Avenue, #10
Marina del Rey, CA 90292
(310) 928-3720
support@yogamonth.org
www.yogamonth.org

Prostate Health Month

National Prostate Cancer Coalition
1154 Fifteenth Street, NW
Washington, DC 20005
202-463-9455 or 888-245-945
info@fightprostatecancer.org
<http://www.menshealthnetwork.org>

Sports and Home Eye Safety Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
<http://www.preventblindness.org>

Whole Grains Month

The Whole Grains Council
226 Beacon Street
Boston, MA 02116
(617) 421-5500
cynthia@oldwayspt.org
www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september

September 1-7 (same date each year)

National Childhood Injury Prevention Week

The American Academy of Pediatrics
141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098
847/434-4000
<http://www.aap.org/healthtopics/safety.cfm>

Safe Kids Worldwide
1301 Pennsylvania Ave, NW, Ste 125
Centennial, CO 80112
(866) 477-6788
<http://www.pcaw.com>

**September 6-12
Suicide Prevention Week**

American Association of Suicidology
5221 Wisconsin Ave, NW
Washington, DC 20015
(202) 237-2280
<http://www.suicidology.org>

September 7 (same date each year)
National Threatened Species Day

U.S. Headquarters
World Wildlife Fund (WWF)
1250 Twenty-Fourth Street, NW
PO Box 97180
Washington, DC 20090-7180
(202) 293-4800
<http://www.worldwildlife.org/>

**September 11
World Suicide Prevention Day**

International Association for Suicide Prevention
I.A.S.P. Central Administrative Office
Le Barade
F-32330 Gondrin – France
Phone: +33 562 29 19 47
Fax: +33 562 29 19 47
<http://www.med.uio.no/iasp/>

**September 13-19
Prostate Cancer Awareness Week**

Prostate Cancer Education Council
5299 DTC Blvd., Suite 345
Greenwood Village, CO 80111
(866) 477-6788
<http://www.pcaw.org/>

Men's Health Network
P.O. Box 75972
Washington, D.C. 20013
202-543-6461
info@menshealthnetwork.org
<http://www.menshealthnetwork.org/>

September 15 (third Tuesday)
Take A Loved One to the Doctor Day

National Health Information Center
PO Box 1133
Washington DC 20013-1133
800-444-6472
<http://healthfinder.gov/orgs>

September 16 (third Wednesday)
Backpack Awareness Day

The American Occupational Therapy Association
PO Box 31220
4720 Montgomery Lane
Bethesda, MD 20814-1220
(301) 652-2682
<http://www.aota.org>

**September 20-26
National Rehabilitation Week**

National Rehabilitation Awareness Foundation
100 Abington Exec Park
Scranton, PA 18411
(800) 943-6723
<http://www.nraf-rehabnet.org/>

**September 20-26
National Adult Immunization Awareness Week**

CDC-INFO Contact Center at:
(800) CDC-INFO
(800) 232-4636
(888) 232-6348
cdc.info@cda.gov
<http://www.cdc.gov/vaccines/events/naiaw/default.htm>

September 21-27 (last full week)
Active Aging Week

International Council on Active Aging
3307 Trutch Street
Vancouver, BC Canada V6L 2T3
866-335-9777 or (604) 734-4466
<http://www.icaa.cc>

**September 21-27
National Farm Safety and Health Week**

National Educational Center for Agricultural Safety
10250 Sundown Rd.
Peosta, IA 52068
(888) 844-6322
<http://www.nsc.org/necas>

**September 23
America on the Move Day**

The Partnership to Promote Healthy Eating and Active Living
44 School St., Suite 325
Boston, MA 02108
(800) 807-0077
<http://www.americaonthemove.org>

September (continued)

September 26 (last Saturday, September)

Family Health and Fitness Day USA

Health Information Resource Center
1850 W. Winchester Rd., Suite 213
Libertyville, IL 60048
(847) 816-8660
info@fitnessday.com
<http://www.fitnessday.com>

September 26

National Public Lands Day

National Public Lands Day
4301 Connecticut Ave., NW,
Suite 160
Washington, D.C. 20008
(202) 833-2933
npld@neefusa.org
www.neefusa.org

September 30 (last Wednesday, September)

National Women's Health & Fitness Day

Health Information Resource Center
1850 W. Winchester Rd., Suite 213
Libertyville, IL 60048
(800) 828-8225 or (847) 816-8660
info@fitnessday.com
<http://www.fitnessday.com>

OCTOBER

Alzheimer's Association Memory Walk (Fall Weekend)

Dates vary depending on your location.
Contact your local Alzheimer's Association

-or-

Alzheimer's Association
225 N. Michigan Avenue, FL 17
Chicago, IL 60601
(800) 272-3900
memorywalk@alz.org
<http://www.alz.org>

American Heart Walk

Dates vary depending on your location.
Contact your local American Heart Association or call (800) AHA-USA1 (800-242-8721)

-or-

American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231-4596
(800) 242-8721 or (214) 373-6300

<http://www.americanheart.org>

Auto Battery Safety Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
<http://www.preventblindness.org>

Children's Health Month

Office of Children's Health Protection
U.S. Environmental Protection Agency
MC 1107A Rm 2512 Ariel Rios North
1200 Pennsylvania Ave, NW,
Washington, DC 20004
(202) 564-2188
<http://yosemite.epa.gov/ochp/ochpweb.nsf/content/chm.htm>

Healthy Child Healthy World
12300 Wilshire Boulevard, Suite 320
Los Angeles, California 90025
Tel: 310.820.2030
<http://healthychild.org/about>

Domestic Violence Awareness Month

National Coalition Against Domestic Violence –
(contact your state coalition)
1120 Lincoln Street, Suite 1603
Denver, CO 80203
(303) 839-1852
National Domestic Violence Hotline:
(800) 799-SAFE (7233)
<http://www.ncadv.org>

Domestic Violence Awareness Project
National Resource Center for Domestic Violence
6400 flank Drive, Suite 1300
Harrisburg, PA 17112-2791
(800) 537-2238 (800) 553-2508
ck@pcadb.org
dvam.vawnet.org

Health Literacy Month

Health Literacy Consulting
31 Highland Street, Suite 201
Natick, MA 01760
(508) 653-1199
helen@healthliteracy.com
<http://www.healthliteracy.com>

Healthy Babies Month

March of Dimes/Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 997-4488
<http://www.marchofdimes.com>

Healthy Lung Month

American Lung Association
61 Broadway, 6th Floor
New York, NY 10006
(212) 315-8700
<http://www.lungusa.org>
Contact your local Lung Association or
(800) LUNGUSA

Lupus Awareness Month

Lupus Foundation of America, Inc.
2000 L Street, N.W., Suite 710
Washington, DC 20036
(800) 558-0121 or (202) 349-1155
<http://www.lupus.org>

National Breast Cancer Awareness Month

nbcamquestions@yahoo.com
<http://nbcam.org/>
-or-
The Susan G. Komen Breast Cancer Foundation at (800) 462-9273
<http://www.komen.org>
-or-
National Cancer Institute's Cancer Information Service
(800) 4-CANCER
<http://cancernet.nci.nih.gov>

National Chiropractic Month

American Chiropractic Association
1701 Clarendon Boulevard
Arlington, VA 22209
703 276 8800
memberinfo@acatoday.org
<http://www.amerchiro.org/>

National Crime Prevention Month

National Crime Prevention Council
2345 Crystal Drive
Suite 5000
Arlington, VA 22202-4801
(202) 466-6272
<http://www.ncpc.org>

National Dental Hygiene Month

American Dental Hygienists Assn
444 N. Michigan Avenue, Suite 3400
Chicago, IL 60611
(312) 440-8937
<http://www.adha.org>

National Depression and Mental Health Screening Month

Screening for Mental Health, Inc.
One Washington St, Suite 304
Wellesley Hills, MA 02481
(781) 239-0071
smhinfo@mentalhealthscreening.org
<http://www.mentalhealthscreening.org>

October (continued)

National Disability Employment Awareness Month

U.S. Dept. of Labor
Frances Perkins Building
200 Constitution Avenue, NW
Washington, DC 20210
866-4-USA-DOL
TTY: 1-877-889-5627
<http://www.dol.gov/>

National Family Sexuality Education Month

Planned Parenthood Federation of America
434 West 33rd St.
New York, NY 10001
(212) 541-7800 or
(800) 230-PLAN (7526)
<http://www.plannedparenthood.org/>

National Liver Awareness Month

American Liver Foundation
75 Maiden Lane, Suite 603
New York, NY 10038
(800) 465-4837
<http://www.liverfoundation.org>

National Physical Therapy Month

American Physical Therapy Association
1111 N. Fairfax Street
Alexandria, VA 22314-1488
(800) 999-2782
<http://www.apta.org>

National Spina Bifida Month

Spina Bifida Association of America
4590 MacArthur Boulevard NW, Suite 250
Washington, DC 20007
(800) 621-3141
<http://www.sbaa.org>

National Spinal Health Month

American Chiropractic Association
Communications Department
1701 Clarendon Boulevard
Arlington, VA 22209
(800) 986-4636
<http://www.amerchiro.org>

National Sudden Infant Death Syndrome (SIDS) Awareness Month

SIDS Alliance
1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
(800) 221-7437
info@firstcandle.org
<http://www.sidsalliance.org>

National UNICEF Month: Trick-or-Treat for UNICEF.

National Office of the US Fund for UNICEF
125 Maiden Lane
New York, NY 10038
(800) 486-4233 or (212) 686-5522
<http://www.unicefusa.org>

National Work and Family Month

Alliance for Work-Life Progress
14040 N. Northsight Blvd.
Scottsdale, AZ 85260
(800) 874-9383
awlp@worldatwork.org
<http://www.awlp.org>

Talk About Prescriptions Month

National Council on Patient Information and Education
4915 Saint Elmo Ave., Suite 505
Bethesda, MD 20814-6082
(301) 656-8565
ncie@ncpie.info
<http://www.talkaboutrx.org>

Vegetarian Awareness Month

North American Vegetarian Society
PO Box 72
Dolgeville, NY 13329
(518) 568-7970
navs@telenet.net
<http://www.worldvegetarianday.org>

October 1

International Day of Older Persons

HREA - Netherlands Office
Postbus 59225
1040 KE Amsterdam
Tel: +31 20 524 1404
Fax: +31 20 524 1498
HREA - USA Office
PO Box 382396
Cambridge, MA 02238
Visiting address:
97 Lowell Road
Concord, MA 01742
1 978 341-0200
www.hrea.org/feature-events/day-older-persons

October 2

National Depression Screening Day

Screening for Mental Health, Inc.
One Washington Street, Suite 304
Wellesley Hills, MA 02481
(781) 239-0071
smhinfo@mentalhealthscreening.org
<http://www.mentalhealthscreening.org>

October 4-10 (Always week including October 9 – Chicago Fire)

National Fire Prevention Week

National Fire Protection Association
1 Batterymarch Park; PO Box 9101
Quincy, MA 02169-7471
(617) 770-3000
<http://www.nfpa.org>

October 4-10

National Mental Illness Awareness Week

American Psychiatric Association
1000 Wilson Blvd., Suite 1825
Arlington, VA 22209-3901
(703) 907-7300, (888) 357-7924
apa@psych.org
<http://www.healthyminds.org>

October 5 (first Monday October)

Child Health Day

U.S. Dept. of Health and Human Services
Health Resources and Services Admin.
Maternal and Child Health Bureau
Parklawn Building, Room 18-05
5600 Fishers Lane
Rockville, MD 20857
(301) 443-2170
<http://mchb.hrsa.gov>

October 5 (first Monday October)

World Habitat Day

UN Habitat
PO Box 30030, GPO
Nairobi 0010, Kenya
infohabitat@unhabitat.org
<http://www.unhabitat.org/>

October 5-11

National LPN Awareness & Recognition Week

National Federation of Licensed Practical Nurses, Inc.
605 Poole Drive
Garner, NC 27529
(919) 779-0046
<http://www.nflpn.org/>

October 7

International Walk-to-School Day

National Center for Safe Routes to School
730 Martin Luther King Jr. Blvd.
Suite 300/Campus Box 3430
Chapel Hill, NC 27599-3430
walk@walktoschool.org
<http://www.walktoschool.org/>

NWI 2009 National Health & Wellness Observances Calendar

October (continued)

October 10 (always October 10) Put the Brakes on Fatalities Day

The Transportation and Development
Institute of the American Society of
Civil Engineers (T&DI)
(703) 295-6395
pbfd@asce.org
<http://www.brakesonfatalities.org>

October 10 (always October 10) World Mental Health Day

World Federation for Mental Health
6564 Loisdale Court, Suite 301
Springfield, VA 22150-1812
USA
703.313.8680
info@wfmh.com
<http://www.wfmh.org>

October 12-16 (second full week) National School Lunch Week

School Nutrition Association
700 South Washington Street, Suite
300
Alexandria, VA 22314
(703) 739-3900
servicecenter@schoolnutrition.org
<http://www.schoolnutrition.org>

October 16 (always Oct 16) World Food Day

National Committee for World Food
Day
2175 K Street NW
Washington, DC 20437
(202) 653-2404
<http://www.worldfooddayusa.org>

October 16 (always 3rd Fri in Oct) National Mammography Day

<http://www.nbcam.com> OR
American Cancer Society
1599 Clifton Road NE
Atlanta, GA 30329
(800) 227-2345
<http://www.cancer.org> OR...
> Susan G. Komen Breast Cancer
Foundation
(800) 462-9273
<http://www.komen.org> OR
> National Cancer Institute
(800) 4-CANCER
<http://www.cancer.gov/>

October 18-24 (third week) International Infection Prevention Week

Association for Professionals in Infection
Control and Epidemiology, Inc.
1275 K St., NW, Suite 1000

Washington, DC, 20005-4006
(202) 789-1890
apicinfo@apic.org
www.apic.org

18-24 Kids Care Week (third week)

Kids Care Clubs
Points of Light & Hands On Network
975 Boston Post Road
Darien, CT 06820
Phone: (203) 656-8052
Toll Free: 1-866-269-0510
Fax: (203) 656-8062
<http://www.kidscare.org/about/kidsCareWeek>
kidscare@pointsoflight.org

October 18-24 (third week) National Healthcare Quality Week

National Association for Healthcare
Quality
4700 W. Lake Avenue
Glenview, IL 60025
(800) 966-9392
<http://www.nahq.org/>

October 18 - 24 National Massage Therapy Week

American Massage Therapy
Association
500 Davis Street, Suite 900
Evanston, IL 60201
877-905-2700
<http://www.amtamassage.org>

October 19-25 (third week) National Consultant & Senior Care Pharmacists Week

American Society of Consultant
Pharmacists
1321 Duke Street
Alexandria VA 22314-3563
(703) 739-1300
info@ascp.com
<http://www.ascp.com/publicrelations/ascpncpw.cfm/>

October 19-25 (3rd week) National Health Education Week

(K-6 School Programming)
National Center for Health Education
375 Hudson St.
New York, NY 10014
(212) 463-4053
ray@nche.org
<http://www.nche.org>

October 21-27 National Collegiate Alcohol Awareness Week (NCAAW)

The BACCHUS Network™
PO Box 100430
Denver, CO 80250-0430

(303) 871-0901
<http://www.bacchusgamma.org>

October 23-31 (same dates always) National Red Ribbon Celebration/ National Plant the Promise Week (Campaign to keep kids off drugs)

National Family Partnership at
Informed Family Education Center
2490 Coral Way, Ste 501
Miami, FL 33145
(800) 705-8997
<http://www.nfp.org>

October 25-31 (last full week Oct) National Respiratory Care Week

American Association for Respiratory
Care
9425 N. MacArthur Blvd, Suite 100
Irving, TX 75063
(972) 243-2272
<http://www.aarc.org>

October 20 World Osteoporosis Day

National Osteoporosis Foundation
1232 22nd Street, NW
Washington, DC 20037
202-223-2226
<http://www.nof.org>

October 24 (same date each year) Take Back Your Time Day

The Simplicity Forum
PO Box 1812
Lyons CO 80540
(877) 867-8833
contact@simplicityforum.org
<http://www.timeday.org/>

October 25 (4th Sat Oct) Make a Difference Day

(celebrating people helping people)
The Points of Light Foundation
1400 I Street NW, Suite 800
Washington, DC 20005
(800) 750-7653
<http://www.makeadifferenceday.com>
<http://www.pointsoflight.org>

October 28 (Wed of Last week) Lung Health Day

American Association for Respiratory
Care
9425 N. MacArthur Blvd, Suite 100
Irving, TX 75063
(972) 406-4690 (972) 243-2272
<http://www.aarc.org>

NOVEMBER

American Diabetes Month

American Diabetes Association
Public Relations
1701 N. Beauregard St.
Alexandria, VA 22311
(800) 342-2383
AskADA@diabetes.org
<http://www.diabetes.org>

American Indian & Alaska Native Heritage Month

Indian Health Service (HQ)
The Reyes Building
801 Thompson Avenue, Ste. 400
Rockville, MD 20852-1627

Diabetic Eye Disease Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
<http://www.preventblindness.org>

Great American Smoke out Month

American Cancer Society
National Headquarters
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333; Local Chapter (800)
ACS-2345
<http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp>
<http://www.cancer.org>

National Alzheimer's Disease Awareness Month

Alzheimer's Disease and Related Disorders Association
225 North Michigan Avenue, Fl 17
Chicago, IL 60611
(800) 272-3900
<http://www.alz.org>

National Child Mental Health Month

c/o New York University Child Study Center
577 1st Ave.
New York, NY 10016
(212) 263-6622
<http://www.aboutourkids.org>

National Epilepsy Awareness Month

Epilepsy Foundation of America
8301 Professional Place
Landover, MD 20785
(800) 332-1000
<http://www.efa.org>

National Family Caregivers Month

National Family Caregivers Association
10400 Connecticut Avenue, Suite 500
Kensington, MD 20895-3944
(800) 896-3650
info@thefamilycaregiver.org
<http://www.nfcacares.org>

National Healthy Skin Month

American Academy of Dermatology
930 East Woodfield Rd
Schaumburg, IL 60173
(888) 462-3376
<http://www.aad.org>

National Home Care Month

National Association for Home Care & Hospice
228 7th Street SE
Washington, DC 20003
(202) 547-7424 (866) 503-7546
<http://www.nahc.org>

National Hospice Month

National Hospice and Palliative Care Organization
1700 Diaganol Rd. Suite 625
Alexandria, VA 22314
(703) 837-1500
Hospice Healthline (800) 658-8898
<http://www.nhpco.org>

Prematurity Awareness Month

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(888) 663-4637
<http://www.marchofdimes.com>

November 10-16 World Kindness Week/Day

Random Acts of Kindness Foundation
1724 Tremont Place
Denver, CO 80202
(800) 660-2811
<http://www.actsofkindness.org>

November 15 - 21 American Education Week

National Education Association
1201 Sixteenth Street NW
Washington, DC, 20036
(202) 833-4000
<http://www.nea.org>

November 14 (always Nov 14) World Diabetes Day

International Diabetes Federation
Avenue Emile de Mot 19, B-1000
Brussels, Belgium
<http://www.worlddiabetesday.org>

November 15 (always Nov 15)

America Recycles Day

National Recycling Coalition, Inc.
805 15th Street, NW
Suite 425
Washington, DC 20005
(202) 789-1430
info@nrc-recycle.org
<http://www.americarecyclesday.org>

November 19 (third Thursday) Great American Smokeout

American Cancer Society
National Headquarters
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333
Local chapter (800) 227-2345
<http://www.acsf2f.com/gaso/>

November 21 (Saturday before Thanksgiving)

National Family Volunteer Day

Points of Light Foundation
1875 K St NW 5th Floor
Washington, DC 20006
Phone: 202-729-8000
Fax: 202-729-8105
Nonprofit.Gov@PointsofLight.org
familyvolunteering@pointsoflight.org
<http://www.familycares.org/projects/familyVolunteerDay.cfm>

November 22-28 (Thanksgiving week)

National Family Week

Alliance for Children and Families
11700 W. Lake Park Drive
Milwaukee, WI 53224
(800) 221-2681
<http://www.nationalfamilyweek.org>

November 26 (always Thanksgiving Day)

National Family Health History Day

U.S. Surgeon General
U.S. Dept. of Health and Human Services
200 Independence Avenue, S.W.
Washington, DC 20201
<http://www.hhs.gov/familyhistory/>

November 25-January 2 (Thanksgiving through New Year's)

Tie One On For Safety Campaign

Attach a red ribbon to your car, and drive safe and sober.
Mothers Against Drunk Driving (MADD)
511 E. John Carpenter Frwy, Suite 700
Irving, TX 75062
(800) 438-6233
<http://www.madd.org>

DECEMBER

November 25-January 2 Tie One On For Safety Campaign

Attach a red ribbon to your car, and drive safe and sober.

Mothers Against Drunk Driving (MADD)
511 E. John Carpenter Frwy, Suite 700
Irving, TX 75062
(800) 438-6233
<http://www.madd.org>

International Aids Awareness Month

International HIV/AIDS Alliance
(representative office)
440 Ninth Avenue, 13th Floor
c/o EngenderHealth
New York NY 10001
USA
Tel: +1 212 993 9835
<http://www.aidsalliance.org/>

National Drunk and Drugged Driving Prevention (3D) Month

National Highway Traffic Safety Administration
Office of Public and Consumer Affairs
400 Seventh Street SW
Washington, DC 20590
(202) 366-6978
<http://www.nhtsa.dot.gov>

Safe Toys and Gifts Month

Prevent Blindness America
211 West Wacker Drive, Suite 1700
Chicago, IL 60606
(800) 331-2020
<http://www.preventblindness.org>

December 1 World AIDS Day

Joint United Nations Programme on HIV/AIDS (UNAIDS)
20 Avenue Appia
CH-1211 Geneva 27 Switzerland
<http://www.unaids.org>

Mail address:

Private Bag X 9182
Cape Town, 8000 South Africa
Tel: + 27 21 466 7827
Email us at
info@worldaidscampaign.org
or
World Aids Campaign
International Support Team
Warmoesstraat 149 -151
1012 JC Amsterdam
The Netherlands
<http://www.worldaidscampaign.org>

December 1-7 National Aplastic Anemia Week

Aplastic Anemia and MDS Internl, Inc.
AA&MDSIF, PO Box 310
Churchton, MD 20733 U.S.A.
help@aamds.org
<http://www.aamds.org>

December 6-12 (First full week of Dec) National Hand Washing Awareness Week

Henry the Hand Foundation
11714 U.S. Route 42
Cincinnati, OH 45241
(513) 769-3660
www.henrythehand.com

December 5 International Volunteer Day

External Relations Group
United Nations Volunteers
Postfach 260 111
D-53153 BONN
Germany
<http://www.worldvolunteerweb.org>

December 10th Human Rights Day

An official United Nations observance day since 1948, for all members of the human family across the globe

NWI 2009 National Health & Wellness Observances Calendar

published by:

National Wellness Institute, Inc.
P.O. Box 827
Stevens Point, WI 54481-0827
715-342-2969
Fax 715- 342-2979
nwi@nationalwellness.org
<http://www.nationalwellness.org>

Information appearing in this document does not represent an endorsement by the National Wellness Institute. For more information, please contact the sponsoring organizations directly.

© Copyright 2008/9 National Wellness Institute, Inc.