



2020 National Observances

For employers



Mark your
calendars for these
important dates!

Jan.	Cervical Health Awareness Month National Birth Defects Prevention Month	
Feb.	American Heart Month National Cancer Prevention Month National Children's Dental Health Month	7 National Wear Red Day 9 - 15 National Cardiac Rehabilitation Week
March	National Kidney Month National Nutrition Month	1-8 National Sleep Awareness Week 2-6 National School Breakfast Week 22 World Water Day 24 American Diabetes Alert Day
April	National Alcohol Awareness Month National Child Abuse Prevention Month Stress Awareness Month	6-12 National Public Health Week 7 World Health Day 9 National Alcohol Screening Day 22 Earth day 26 - 5/3 National Infant Immunization Week
May	Asthma and Allergy Awareness Month Better Sleep Month Healthy Vision Month National High Blood Pressure Education Month National Melanoma/Skin Cancer Awareness Month National Mental Health Month National Osteoporosis Month National Physical Fitness and Sports Month National Stroke Awareness Month	1-7 National Physical Education and Sports Week 6 Project ACES Day (All Children Exercise Simultaneously) 10-16 Women's Health Week 11-17 Bike to Work Week 27 National Senior Health and Fitness Day 31 World No Tobacco Day
June	Men's Health Month National Great Outdoors Month National Safety Month	10-16 National Men's Health Week 13 Family Health and Fitness Day 27 National HIV Testing Day
July	UV Safety Month	12-18 Every Body Deserves a Massage Week
Aug.	Children's Eye Health and Safety Month National Breastfeeding Month National Immunization Awareness Month	1-7 World Breastfeeding Week

(continued)

Sept.	Fruits & Veggies – More Matters Month Healthy Aging Month National Cholesterol Education Awareness Month National Food Safety Education Month Prostate Health & Prostate Cancer Awareness Month	1–7 National Childhood Injury Prevention Week 6–12 Suicide Prevention Week 30 National Women’s Health and Fitness Day
Oct.	Alzheimer’s Association Memory Walk American Heart Walk Children’s Health Month Healthy Babies Month Health Literacy Month Healthy Lung Month National Breast Cancer Awareness Month National Dental Hygiene Month National Depression and Mental Health Screening Month Talk about Your Medicines Month	1 International Day of Older Persons 4–10 National Mental Illness Awareness Week 5 Child Health Day 10 World Mental Health Day 18–24 International Infection Prevention Week 18–24 National Healthcare Quality Week 19–23 National Health Education Week 20 World Osteoporosis Day 23–31 National Red Ribbon Celebration Week
Nov.	American Diabetes Month Diabetic Eye Disease Month Lung Cancer Awareness Month National Alzheimer’s Disease Awareness Month National Healthy Skin Month	1 - 12/31 Tie One on for Safety Campaign 13 World Kindness Day 14 World Diabetes Day 19 Great American Smokeout 26 National Family Health History Day
Dec.	International AIDS Awareness Month National Drunk and Drugged Driving Prevention Month Safe Toys and Gifts Month	1 World AIDS Day 6–12 National Handwashing Awareness Week 6–12 National Influenza Vaccination Week 10 Human Rights Day

Source: National Wellness Institute, www.nationalwellness.org
For additional wellness observances, visit www.welcoa.org.