



2024 WELLNESS CALENDAR

This wellness calendar can be used to plan your organization's wellness initiatives for the year. The intention is to choose options that best fit your population's needs. All listed monthly wellness themes are clickable links to lead you to more resources on each topic.

MONTHLY NEWSLETTER TOPICS
<p>JANUARY Kick-Start Your Health: Make a Plan for Preventive Care</p>
<p>FEBRUARY Heart Health</p>
<p>MARCH National Nutrition</p>
<p>APRIL Alcohol Awareness</p>
<p>MAY Women's Health Awareness</p>
<p>JUNE Men's Health Awareness</p>
<p>JULY UV/Sun Safety Awareness</p>
<p>AUGUST Immunization Awareness</p>
<p>SEPTEMBER Suicide Prevention</p>
<p>OCTOBER Breast Cancer Awareness</p>
<p>NOVEMBER Diabetes Awareness</p>
<p>DECEMBER Healthy through the Holidays</p>

MONTHLY WELLNESS THEME		
JANUARY	FEBRUARY	MARCH
<p>National Blood Donor Month Cervical Health Awareness Month</p>	<p>American Heart Month National Wear Red Day, 2/2 Random Acts of Kindness Week, 2/17 - 2/23</p>	<p>National Nutrition Month National Sleep Awareness Week, 3/10 - 3/16 Diabetes Alert Day, 3/26</p>
APRIL	MAY	JUNE
<p>National Financial Literacy Month Alcohol Awareness Month World Health Day, 4/7</p>	<p>Mental Health Awareness Month Skin Cancer Awareness Month Stroke Awareness Month Better Sleep Month Women's Health Month</p>	<p>Men's Health Month Alzheimer's and Brain Awareness Month</p>
JULY	AUGUST	SEPTEMBER
<p>UV/Sun Safety Month</p>	<p>Immunization Awareness Month National Eye Exam Month</p>	<p>Suicide Prevention Awareness Month World Suicide Prevention Day, 9/10 Fruits and Vegetables Month</p>
OCTOBER	NOVEMBER	DECEMBER
<p>Breast Cancer Awareness Month National Dental Hygiene Month Wear Pink Day for Breast Cancer Awareness, 10/10</p>	<p>American Diabetes Awareness Month World Diabetes Day/Wear Blue Day, 11/14</p>	<p>International Day of Persons with Disabilities, 12/3 International Volunteer Day, 12/5</p>