

2015 National Observances

For Health Net employers



Kim Aung
Health Net



Mark your
calendars for these
important dates!

January

Cervical Health Awareness Month
National Birth Defects Prevention Month

4–10 National Folic Acid Awareness Week
18–24 Healthy Weight Week

February

American Heart Month
National Cancer Prevention Month
National Children's Dental Health Month

4 National Girls and Women in
Sports Day
6 National Wear Red Day
8–14 National Cardiac Rehabilitation Week

March

National Kidney Month
National Nutrition Month

2–6 National School Breakfast Week
2–8 National Sleep Awareness Week
18 Kick Butts Day
22 World Water Day
24 American Diabetes Alert Day

April

National Alcohol Awareness Month
National Child Abuse Prevention Month
Stress Awareness Month

3–5 Alcohol-Free Weekend
6–12 National Public Health Week
7 World Health Day
9 National Alcohol Screening Day
18–25 National Infant Immunization Week
20–26 Medical Fitness Week
22 Earth Day

May

Asthma and Allergy Awareness Month
Better Sleep Month
Employee Health & Fitness 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
11–15 Bike to Work Week
27 National Senior Health and
Fitness Day

June

Fireworks Safety Month
Men's Health Month
National Safety Month

15–21 National Men's Health Week
27 National HIV Testing Day

July

Fireworks Safety Month
Minority Mental Health Awareness Month
UV Safety Month

12–18 Every Body Deserves a Massage Week

(continued)



August

Children's Eye Health and Safety Month

National Breastfeeding Month

National Immunization Awareness Month

1-7 World Breastfeeding Week

September

America on the Move – Month of Action

Baby Safety Awareness Month

Fruit & Veggie Month

Healthy Aging Month

National Cholesterol Education Awareness Month

National Food Safety Education Month

Prostate Cancer Awareness Month

1-7 National Childhood Injury Prevention Week

7-13 Suicide Prevention Week

26 Family Health and Fitness Day USA

9/27-10/3 Active Aging Week

30 National Women's Health and Fitness Day

October

Alzheimer's Association Memory Walk

American Heart Walk

Children's Health Month

Health Literacy Month

Healthy Babies Month

Healthy Lung Month

National Breast Cancer Awareness Month

National Dental Hygiene Month

National Depression and Mental Health Screening Month

National Sudden Infant Death Syndrome (SIDS) Awareness Month

National Work and Family Month

Talk About Your Medicines Month

1 International Day of Older Persons

4-10 National Mental Illness Awareness Week

5 Child Health Day

7 International Walk-to-School Day

10 World Mental Health Day

18-24 International Infection Prevention Week

18-24 National Health Education Week

18-24 National Healthcare Quality Week

20 World Osteoporosis Day

23-31 National Red Ribbon Celebration Week

24 World Food Day

November

American Diabetes Month

Diabetic Eye Disease Month

Great American Smokeout Month

National Alzheimer's Disease Awareness Month

National Healthy Skin Month

Pancreatic Cancer Awareness Month

13 World Kindness Day

14 World Diabetes Day

19 Great American Smokeout

26 National Family Health History Day

11/27-1/1 Tie One on for Safety Campaign

December

International AIDS Awareness Month

National Drunk and Drugged Driving Prevention Month

Safe Toys and Gifts Month

1 World AIDS Day

6-12 National Hand Washing Awareness Week

6-12 National Influenza Vaccination Week

10 Human Rights Day