



# Health Observances Calendar

JANUARY 2017 — DECEMBER 2017

**Independence**   
Independence Administrators



SUNDAY							MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY							SATURDAY						
01	New Year's Day						02	Cervical Health Awareness Month						03							04							05							06							07						
08							09							10							11	National Birth Defects Prevention Month						12							13							14						
15							16	Martin Luther King Jr. Day						17							18							19							20							21						
22							23							24							25							26							27							28	Chinese New Year					
29							30							31																																		

**Cervical Health Awareness Month:** The cervical cancer death rate among American women has actually decreased significantly in the last three decades due to the increased use of preventive screening tests and follow-up care. Read more information about [Cervical Health](#).

**National Birth Defects Prevention Month:** Many birth defects cannot be prevented. However, there are steps every woman can take to help lower the risk of birth defects for her baby. Read more about [Preventing Birth Defects](#).

JANUARY





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 <a href="#">American Heart Health Month</a>	02	03	04
05	06	07	08	09	10	11
12	13	14 <a href="#">Valentines Day</a>	15	16	17	18
19	20 <a href="#">Presidents Day</a>	21	22	23	24	25
26	27	28				

**American Heart Health Month:** Living a healthy lifestyle and practicing healthy living habits can lower your risk for heart disease and heart attack. Learn more about ways to [Love Your Heart](#).

FEBRUARY







SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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[National Nutrition Month](#)

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[Colorectal Cancer  
Awareness Month](#)[St. Patrick's Day](#)

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**National Nutrition Month:** By making smart food choices and exercising, you can protect your health, feel better, and lower your risk for disease. Learn more about [Nutrition Facts](#).

**Colorectal Cancer Awareness Month:** Colorectal cancer is just as common in women as in men. Learn why it is important to get screened for [Colorectal Cancer](#).

MARCH







SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

[Alcohol Awareness Month](#)

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Good Friday

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Easter Sunday

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**Alcohol Awareness Month:** Drinking too much alcohol can increase your risk of developing cancers of the mouth, esophagus, throat, liver, and breast. Learn the [Truth about Alcohol](#).

APRIL



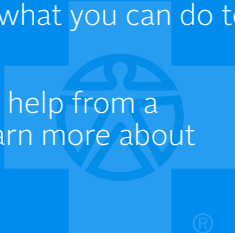


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 <a href="#">Asthma and Allergy Awareness Month</a>	02	03	04	05	06
07	08	09	10	11	12	13
14 <a href="#">Mother's Day</a>	15	16	17 <a href="#">Mental Health Awareness</a>	18	19	20
21	22	23	24	25	26	27
28	29 <a href="#">Memorial Day</a>	30	31			

**Asthma and Allergy Awareness Month:** There are many different types of asthma and allergies, and they affect everyone differently. Remember to be aware of your specific symptoms and identify what you can do to help yourself maintain a healthy lifestyle. Learn the facts on [Asthma and Allergies](#).

**Mental Health Awareness:** If you think you may be suffering from depression, seeking out help from a professional can help. The right treatment may help you start feeling more like yourself. Learn more about [Recognizing Depression](#).

MAY







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 <a href="#">National Safety Month</a>	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18 <a href="#">Father's Day</a>	19	20	21	22	23	24
25	26	27	28	29	30	

**National Safety Month:** To lower the risk of accidents particularly for aging adults, wear proper footwear to reduce the chance of a fall. Learn more about putting [Safety First](#).

JUNE







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01 <a href="#">UV Safety Month</a>
02	03	04 Independence Day	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**UV Safety Month:** A change in your skin is the most common symptom of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Be aware of changes on your skin.<sup>1</sup> Read more about how to [Protect The Skin You're In](#).

JULY





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

01

[National Breastfeeding  
Safety Month](#)

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[National Immunization  
Awareness Month](#)

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**National Breastfeeding Safety Month:** Human milk is recommended because it helps provide infants the most complete form of nutrition.<sup>2</sup> Learn more facts about [Breastfeeding Safety](#).

**National Immunization Awareness Month:** Vaccinations can help the prevention of serious diseases. Protect your family's health with timely vaccinations. Learn about [Preventive Care Services](#).

AUGUST





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 <a href="#">Ovarian Cancer Awareness Month</a>	02
03	04  <a href="#">Labor Day</a>	05	06	07	08	09
10  <a href="#">National Cholesterol Education Month</a>	11	12	13	14	15	16
17	18	19	20	21  <a href="#">Prostate Cancer Awareness Month</a>	22	23
24	25	26	27	28	29  <a href="#">Yom Kippur</a>	30

**Ovarian Cancer Awareness Month:** You may be able to lower your risk for ovarian cancer. Learn about [Preventing Ovarian Cancer](#).

**Prostate Cancer Awareness Month:** One in six men will be diagnosed with prostate cancer, but African-American men have a one-in-three chance of developing the disease.<sup>3</sup> Read more about how to [Prevent Prostate Cancer](#).

**National Cholesterol Education Month:** The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack may be. Find out if you have high cholesterol through a cholesterol screening test. Learn why you should know your [Cholesterol Levels](#).

SEPTEMBER





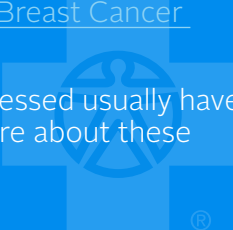


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 <a href="#">National Breast Cancer Awareness Month</a>	02	03	04	05	06 <a href="#">National Depression Screening Day</a>	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				

**National Breast Cancer Awareness Month:** Breast cancer is the second most common cancer in the United States. That is why regular screenings are crucial to detect cancer early.<sup>4</sup> Read more about [Breast Cancer Prevention](#).

**National Depression and Mental Health Screening Month:** People who are clinically depressed usually have unshakable feelings of sadness and hopelessness most of each day, on most days. Read more about these warnings signs to [Recognize Depression](#).

OCTOBER



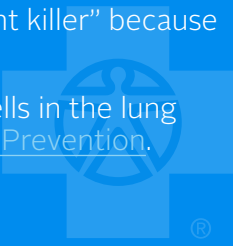


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 <a href="#">American Diabetes Month</a>	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16 <a href="#">Great American Smokeout</a>	17	18
19	20	21	22	23 <a href="#">Thanksgiving</a>	24	25
26	27	28	29	30		

**American Diabetes Month:** Did you know that diabetes is sometimes referred to as a “silent killer” because symptoms can often go unnoticed.<sup>5</sup> Read more on [Recognizing Diabetes](#).

**Lung Cancer Awareness Month:** Anyone can get lung cancer. Lung cancer occurs when cells in the lung mutate or change. Various factors can cause this mutation. Learn more about [Lung Cancer Prevention](#).

NOVEMBER





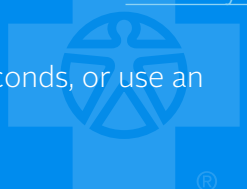


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 <a href="#">Safe Toys and Gifts Month</a>	02
03 <a href="#">National Influenza Vaccination Week</a>	04	05	06	07	08	09
10	11	12 <a href="#">First Night of Hanukkah</a>	13	14	15	16
17	18	19	20	21	22	23
24 <a href="#">New Year's Eve</a> 31	25 <a href="#">Christmas Day</a>	26	27	28	29	30

# DECEMBER

**Safe Toys and Gifts Month:** It is important to exercise good judgment and be mindful when giving toys to children. To prevent potential danger, avoid giving certain items to young children. Read more about [Safe Toys and Gifts](#).

**Flu Prevention Week:** Frequently wash your hands with soap and water for at least 20 seconds, or use an antiseptic alcohol-based hand sanitizer. Learn more ways to prevent the [Seasonal Flu](#).





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<sup>1</sup> Protecting Your Skin from the Sun; Cancer.net; June 2015. Available at <http://www.cancer.net/navigating-cancer-care/prevention-andhealthy-living/protecting-your-skin-sun>

<sup>2</sup> Breastfeeding: Diseases and Conditions. June 15, 2015. Available at [www.cdc.gov/breastfeeding/disease/index.htm](http://www.cdc.gov/breastfeeding/disease/index.htm)

<sup>3</sup> Prostate Cancer Statistics; Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/cancer/prostate/statistics/index.htm>

<sup>4</sup> Breast Cancer; Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/cancer/breast/index.htm>

<sup>5</sup> "Statistics About Diabetes," <http://www.diabetes.org/diabetes-basics/statistics/>, accessed on July 7, 2016.

