

# 2009

## HEALTH AND WELLNESS OBSERVATION CALENDAR

### January

- [Cervical Health Awareness Month](#)
- [National Blood Donor Month](#)
- [National Glaucoma Awareness](#)

#### JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### February

- [Heart Health Month](#)
- [National Cancer Prevention Month](#)
- [National Children's Dental Health](#)
- [Wise Health Consumer Month](#)

#### FEBRUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### March

- [American Red Cross Month](#)
- [Colorectal Cancer Awareness](#)
- [National Kidney Month](#)
- [National Nutrition Month](#)

#### MARCH

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### April

- [Counseling Awareness](#)
- [National Donate Life](#)
- [Minorities and Health Disparity](#)
- [STD Awareness](#)

#### APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

#### MAY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

#### JUNE

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### May

- [Asthma and Allergy Awareness](#)
- [Better Sleep Month](#)
- [Mental Health Awareness](#)
- [Melanoma/Skin Cancer Detection](#)

#### OCTOBER

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

#### NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

#### DECEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### June

- [Home Safety](#)
- [Great Outdoors](#)
- [National Safety](#)

### July

- [Fireworks Safety](#)
- [UV Safety](#)

### August

- [Cataract Awareness](#)
- [Medic Alert Awareness](#)
- [Immunization Awareness](#)

### September

- [America on the Move Month](#)
- [Fruit and Veggie Month](#)
- [Healthy Aging Month](#)
- [National Cholesterol Education](#)

### October

- [Breast Cancer Awareness](#)
- [Children's Health Month](#)
- [Healthy Babies Month](#)
- [Healthy Lung Month](#)

### November

- [American Diabetes Month](#)
- [Great American Smoke out](#)
- [National Healthy Skin Month](#)

### December

- [Hand washing Awareness](#)
- [Safe Toys and Gifts Month](#)

