



Wellness 365

January

- **UI Health Coach on campus January 27 and 28, offering group information and one-on-one sessions!**
- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month
- National Drug Facts Week (Jan. 25-31)
- Belly Laugh Day (Jan. 24)

February

- American Heart Month
- National Children’s Dental Health Month
- National Cancer Prevention Month
- African Heritage and Health Week (Feb. 1-7)
- Random Acts of Kindness Week (Feb. 14-20)
- National Donor Day (Feb. 14)

March

- **Wellness Bingo (Feb. 29-March 27)**
- National Nutrition Month
- National Kidney Month
- Red Cross Month
- Employee Spirit Month
- Brain Awareness Week (March 16-22)
- National MS Week (March 3-9)
- Daylight Savings Time Begins (March 13)

April

- National Garden Month
- Stress Awareness Month
- National Autism Awareness Month
- Allergy Awareness Week (April 20-26)
- Employee Appreciation Day (April 4)
- World Health Day (April 7)
- Earth Day (April 22)

May

- ALS Awareness Month
- Better Sleep Month
- Correct Posture Month
- Mental Health Month
- National Osteoporosis Prevention Month
- National High Blood Pressure Education Month
- National Physical Fitness and Sports Month
- Melanoma Monday (May 2)

June

- National Camping Month
- National Dairy Month
- National Migraine and Headache Awareness Month
- National Safety Month
- Men’s Health Month
- PTSD Awareness Month
- National Cancer Survivors Day

July

- Juvenile Arthritis Awareness Month
- National Blueberries Month
- National Parks and Recreation Month
- Social Wellness Month

August

- Eye Health and Safety Month
- National Breastfeeding Month
- Cataract Awareness Month
- National Health Center Week (Aug. 8-12)
- Senior Citizens Day (Aug. 21)

September

- **UI Flu Shot and Biometric Clinics**
- America on the Move
- Childhood Cancer Awareness Month
- Whole Grains Month
- National Yoga Awareness Month
- World Suicide Prevention Day (Sep. 10)

October

- **Blue Cross of Idaho Walktober challenge**
- National Breast Cancer Awareness Month
- National Physical Therapy Month
- Financial Planning Month
- National Chili Month
- Respiratory Care Week (Oct. 24-28)
- Child Health Day (Oct. 3)

November

- National Diabetes Month
- National Healthy Skin Month
- Lung Cancer Awareness Month
- Great American Smokeout (Nov. 17)
- National Peanut Butter Month
- Daylight Savings Time Ends (Nov. 6)

December

- AIDS Awareness Month
- National Impaired Driving Prevention Month
- Safe Toys and Gifts Month
- National Hand Washing Awareness Week (Dec. 4-10)