

Health and Wellness Calendar | 2023



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Weight Loss	Heart Health	Sleep	Gut Health	Mental/ Behavioral Health	Men's Health	Fitness	Children's Health	Brain Health	Breast Cancer Prevention	Diabetes Prevention	Healthy Holidays

ADDITIONAL HEALTH AWARENESS DATES

<p>National Popcorn Day <u>JAN 19</u></p> <p>National Healthy Weight Week <u>JAN 15-21</u></p> <p>Cervical Health Awareness Month</p> <p>Walk Your Pet Month</p>	<p>National Dark Chocolate Day <u>FEB 1</u></p> <p>National Wear Red Day for Women's Heart Health <u>FEB 3</u></p> <p>Boost Your Self-Esteem Month</p>	<p>Sleep Awareness Week <u>MAR 12-19</u></p> <p>National Colorectal Cancer Awareness Month</p> <p>National Nutrition Month</p> <p>National Kidney Disease Month</p>	<p>Stress Awareness Month</p> <p>IBS Awareness Month</p> <p>Move More Month</p> <p>National Garden Month</p>	<p>Melanoma Monday <u>MAY 2</u></p> <p>World Meditation Day <u>MAY 21</u></p> <p>Bike Month</p> <p>Asthma & Allergy Awareness</p> <p>Mental Health Awareness Month</p>	<p>International Day of Yoga <u>JUN 21</u></p> <p>Pride Month – LGBTQI+</p> <p>Migraine and Headache Awareness Month</p> <p>National Men's Health Month</p>	<p>World Jump Day <u>JUL 20</u></p> <p>World Friendship Day <u>JUL 30</u></p> <p>National Grilling Month</p> <p>National Blueberry Month</p>	<p>World Breastfeeding Week <u>AUG 1-7</u></p> <p>Immunization Awareness Month</p> <p>Back-to-School Month</p>	<p>National Dance Day <u>SEP 18</u></p> <p>Prostate Cancer Awareness Month</p> <p>World Alzheimer's Month</p> <p>National Cholesterol Education Month</p>	<p>National Mammogram Day <u>OCT 20</u></p> <p>World Osteoporosis Day <u>OCT 20</u></p> <p>Back Care Awareness Week <u>OCT 2-6</u></p> <p>ADHD Awareness Month</p>	<p>World Kindness Day <u>NOV 13</u></p> <p>Lung Cancer Awareness Month</p> <p>American Diabetes Month</p>	<p>Eat a Red Apple Day <u>DEC 1</u></p> <p>Influenza Vaccination Week <u>DEC 6-12</u></p> <p>National Safe Toys and Gifts Month</p>



Digital Campaign: A series of digital newsletters delivered weekly about specific health topics and wellness resources.



e-Tips: Monthly tips and tricks sent via email to help optimize a healthy lifestyle. [Visit our library.](#)



Health and Wellness Video: A short on-demand video about relevant health and wellness topics. [View our gallery.](#)



Live Webinar: An interactive and educational live presentation via Zoom hosted by Sutter Health providers and specialists.

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