

Health and Wellness Calendar | 2024



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Healthy Weight	Heart Health	Colorectal Health	Stress Awareness	Mental/Behavioral Health	Men's Health	Safe Summer Travel	Back-to-School	Know Your Numbers	Breast Health	Diabetes Prevention	Healthy Holidays

ADDITIONAL HEALTH AWARENESS DATES

<p>National Take the Stairs Day <u>JAN 10</u></p> <p>National Healthy Weight Week <u>JAN 21-27</u></p>	<p>National Wear Red Day for Women's Heart Health <u>FEB 2</u></p> <p>Heart Failure Awareness Week <u>FEB 4-10</u></p> <p>American Heart Month</p>	<p>Sleep Awareness Week <u>MAR 10-16</u></p> <p>Acupuncture Awareness Week <u>MAR 24-31</u></p> <p>Colorectal Cancer Awareness Month</p>	<p>World Autism Awareness Day <u>APR 2</u></p> <p>World Day for Safety and Health at Work <u>APR 28</u></p> <p>National Minority Health Month</p> <p>Stress Awareness Month</p>	<p>National Lipid Day <u>MAY 10</u></p> <p>World Hypertension Day <u>MAY 17</u></p> <p>World No Tobacco Day <u>MAY 31</u></p> <p>Maternal Mental Health Month</p>	<p>National Cancer Survivors Day <u>JUN 2</u></p> <p>Pride Month</p> <p>Men's Health Month</p>	<p>World Brain Day <u>JUL 22</u></p> <p>World Hepatitis Day <u>JUL 28</u></p>	<p>World Lung Cancer Day <u>AUG 1</u></p> <p>Summer Sun Safety Month</p> <p>Back-to-School Month</p>	<p>Know Your Numbers Week <u>SEP 1-7</u></p> <p>World Suicide Prevention Day <u>SEP 10</u></p> <p>World Alzheimer's Day <u>SEP 21</u></p> <p>Baby Safety Month</p>	<p>Back Care Awareness Week <u>OCT 1-5</u></p> <p>World Osteoporosis Day <u>OCT 20</u></p> <p>Breast Cancer Awareness Month</p>	<p>World Prematurity Day <u>NOV 17</u></p> <p>American Diabetes Month</p>	<p>International Day of Persons with Disabilities <u>DEC 3</u></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.](#)



Healthy Recipes: Monthly recipes featuring fresh, in-season ingredients.



Live Webinar: An interactive and educational live presentation via Zoom hosted by Sutter Health providers and specialists. [View our gallery.](#)

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