



# 2024 Holiday & Health Observance Calendar

## January

- [Family Fit Lifestyle Month](#)
- [Cervical Cancer Awareness Month](#)
- [Healthy Weight Week](#) (third full week of January)
- [Financial Wellness Month](#)

## February

- [American Heart Month](#)
- National [Cancer Prevention Month](#)
- National [Canned Food Month](#)
- National [Snack Food Month](#)
- [National Wear Red Day](#) (Feb. 2)
- [World Cancer Day](#) (Feb. 4)
- [National Donor Day](#) (Feb.14)
- [Random Acts of Kindness Day](#) (Feb. 17)
- [Random Acts of Kindness Week](#) (Feb. 11-17)
- [Tennessee Quit Week](#)

## March

- National [Colorectal Cancer Awareness Month](#)
- [National Kidney Month](#)
- [National Nutrition Month](#)
- National [Frozen Food Month](#)
- [Workplace Eye Wellness Month](#)
- [Salt Awareness Week](#)
- [Sleep Awareness Week](#)
- [World Kidney Day](#) (March 14)
- [World Sleep Day](#) (March 15)
- [American Diabetes Alert Day](#)

## April

- [National Minority Health Month](#)
- National [Garden Month](#)
- [National Cancer Control Month](#)
- [National Donate Life Month](#)
- [National Humor Month](#)



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- National [Volunteer Month](#)
- [Occupational Therapy Month](#)
- [Stress Awareness Month](#)
- [Sports Eye Safety Awareness Month](#)
- [Women's Eye Health and Safety Month](#)
- [National Public Health Week](#) (April 1-7)
- [America Saves Week](#) (April 8-12)
- [World Immunization Week](#) (April 24-30)
- [World Health Day](#) (April 7)
- [Earth Day](#) (April 22)

## May

- [Asian American & Pacific Islander Heritage Month](#)
- [Arthritis Awareness Month](#)
- [Better Sleep Month](#)
- [Food Allergy Awareness Month](#)
- [Global Employee Health and Fitness Month](#)
- [Healthy Vision Month](#)
- [High Blood Pressure Education Month](#)
- [International Mediterranean Diet Month](#)
- [Mental Health Awareness Month](#)
- [National Osteoporosis Month](#)
- [National Physical Fitness and Sports Month](#)
- [National Salad Month](#)
- National [Stroke Awareness Month](#)
- [Skin Cancer Awareness Month](#)
- [Food Allergy Awareness Week](#)
- [Screen-Free Week](#) (May 6-12)
- [National Women's Health Week](#)
- [International No Diet Day](#) (May 6)
- [Don't Fry Day](#)
- [Brown-Bag-It Day](#) (May 25)
- National [Senior Health & Fitness Day](#)
- [Heat Safety Awareness Day](#) (May 26)
- [World No Tobacco Day](#) (May 31)

## June

- [Alzheimer's & Brain Awareness Month](#)
- [Great Outdoors Month](#)
- [Men's Health Month](#)
- [National Fresh Fruit and Vegetable Month](#)



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- [National Safety Month](#)
- [Men's Health Week](#)
- [National Garden Week](#) (June 2-8)
- [World Bicycle Day](#) (June 3)
- [National Herbs & Spices Day](#) (June 10)
- [National Get Outdoors Day](#) (second Saturday in June)
- [Family Health & Fitness Day](#) (second Saturday in June)
- [National Eat Your Vegetables Day](#) (June 17)
- [International Day of Yoga](#) (June 21)
- [National Smoothie Day](#) (June 21)
- [National Hydration Day](#) (June 23)
- [National Work from Home Day](#) (June 29)

## July

- [Park and Recreation Month](#)
- [UV Safety Month](#)

## August

- [National Eye Exam Month](#)
- [National Immunization Awareness Month](#)
- [National Farmers Market Week](#) (Aug. 6-12)
- [National Minority Donor Awareness Week](#) (Aug. 1-7)
- [National Financial Awareness Day](#) (Aug. 14)
- [National Relaxation Day](#) (Aug. 15)

## September

- [Better Breakfast Month](#)
- [Family Meals Month](#)
- [Healthy Aging Month](#)
- [National Cholesterol Education Month](#)
- [National Food Safety Education Month](#)
- [National Fruits & Veggies Month](#)
- [National Suicide Prevention Month](#)
- [National Yoga Month](#)
- [Whole Grains Month](#)
- [National Suicide Prevention Week](#)
- [World Suicide Prevention Day](#) (Sept. 10)
- [National Women's Health & Fitness Day](#) (last Wednesday in September)
- [World Heart Day](#) (Sept. 29)



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## October

- [Eat Better, Eat Together Month](#)
- National [Breast Cancer Awareness Month](#)
- National [Dental Hygiene Month](#)
- [National Physical Therapy Month](#)
- [Mental Illness Awareness Week](#)
- [Bone and Joint Action Week](#) (Oct. 12-20)
- [National Health Education Week](#)
- [National Depression Screening Day](#)
- [Global Handwashing Day](#) (Oct. 15)
- [World Food Day](#) (Oct. 16)

## November

- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Awareness Month](#)
- [Great American Smokeout](#) (third Thursday in November)
- [Tennessee Pink and Pearl Day](#) (Nov. 3)
- [World Kindness Day](#) (Nov. 13)
- [World Diabetes Day](#) (Nov. 14)
- National [Clean Out Your Refrigerator Day](#) (Nov. 15)
- [National Take a Hike Day](#) (Nov. 17)
- National [Family Health History Day](#)

## December

- [National Influenza Vaccination Week](#)



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