



2025 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](#) (first Friday of February)
- [World Cancer Day](#) (Feb. 4)
- [Random Acts of Kindness Day](#) (Feb. 17)
- [Random Acts of Kindness Week](#) (Feb. 9-15)

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](#) (March 9-15)
- [World Kidney Day](#) (March 13)
- [World Sleep Day](#) (March 14)
- [American Diabetes Alert Day](#)

April

- [National Minority Health](#) Month
- National [Garden](#) Month
- [National Cancer Control](#) Month
- [National Humor](#) Month
- 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 7-13)
- [America Saves Week](#) (April 7-11)
- [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 5-11)
- [National Women's Health Week](#)
- [International No Diet Day](#) (May 6)
- [Don't Fry Day](#)
- National [Senior Health & Fitness Day](#)
- [Heat Safety Awareness Day](#) (May 30)
- [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](#)
- [National Safety Month](#)
- [Men's Health Week](#)
- [National Garden Week](#) (June 1-7)
- [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)

July

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

August

- National [Eye Exam Month](#)
- [National Immunization Awareness Month](#)
- [National Farmers Market Week](#) (Aug. 3-9)
- 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)

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](#)