2020 National Holiday & Health Observance Calendar

January
- Family Fit Lifestyle Month
- Healthy Weight Week (3rd week of January)

February
- American Heart Month
- National Cancer Prevention Month
- National Canned Food Month
- National Snack Food Month
- America Saves Week (February 24-29, 2020)
- National Wear Red Day (February 1st)
- World Cancer Day (February 4, 2020)

March
- National Colorectal Cancer Awareness Month
- National Kidney Month
- National Nutrition Month
- National Frozen Food Month
- Save Your Vision Month
- Workplace Eye Wellness Month
- World Salt Awareness Week (March 9-15, 2020)
- National Sleep Awareness Week
- World Kidney Day (March 12, 2020)
- World Sleep Day (March 13, 2020)
- World Water Day (March 22, 2020)
- American Diabetes Alert Day (4th Tuesday in March - March 24, 2020)

April
- National Minority Health Month
- National Garden Month
- National Cancer Control Month
  - How to Prevent Cancer or Find It Early (CDC)
  - Stay Healthy (American Cancer Society)
- Occupational Therapy Month
- Stress Awareness Month
The American Institute of Stress

- **Sports Eye Safety Awareness Month**
- **Women’s Eye Health and Safety Month**
- **National Public Health Week** (April 6-12, 2020)
- **World Immunization Week** (April 24-30, 2020)
- **World Health Day** (April 7th)
- **Earth Day** (April 22, 2020)

**May**

- **Food Allergy Awareness Month**
- **Arthritis Awareness Month**
- **Better Sleep Month**
- **Global Employee Health and Fitness Month**
- **Healthy Vision Month**
- **High Blood Pressure Education Month**
- **International Mediterranean Diet Month**
- **Mental Health Month**
- **National Osteoporosis Month**
- **National Physical Fitness and Sports Month**
- **National Salad Month**
- **National Stroke Awareness Month**
- **Skin Cancer Prevention Month®**
- **Food Allergy Awareness Week** (May 10-17, 2020)
- **National Physical Education & Sport Week**
- **Screen-Free Week** (1st week in May)
- **National Women's Health Week** (May 10-16, 2020)
- **Bike to School Day** (May 6th)
- **International No Diet Day** (May 6, 2020)
- **Don’t Fry Day** (Friday before Memorial Day – May 22nd)
- **Brown-Bag-It Day** (May 25, 2020)
- **National Senior Health & Fitness Day®** (Wednesday, May 27, 2020)
- **Heat Safety Awareness Day** (May 31st)
- **World No Tobacco Day** (Sunday, May 31st)

**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** (June 10th-16th)
- **National Garden Week** (June 7-13, 2020)
- **National Herbs & Spices Day** (June 10, 2020)
- **Family Health & Fitness Day USA®** (June 13, 2020)
- **National Eat Your Vegetables Day** (June 17th)

**July**
• Park and Recreation Month
• UV Safety Month

August
• National Health Center Week (August 9-15, 2020)
• National Farmers Market Week (1st full week of August)

September
• Better Breakfast Month
• Family Meals Month
• Healthy Aging ® Month
• National Food Safety Education Month
• National Fruits & Veggies Month
• National Yoga Awareness Month
• Whole Grains Month
• National Suicide Prevention Week (September 6th–12th)
• World Suicide Prevention Day (Thursday, September 10th)
• National Women's Health & Fitness Day (last Wednesday in September)
• World Heart Day (Tuesday, September 29th)
• Better Breakfast Day (September 26th)

October
• Eat Better, Eat Together Month
• National Breast Cancer Awareness Month
• National Physical Therapy Month
• Mental Illness Awareness Week (Sunday, October 4th – Saturday, October 10th)
• Bone and Joint Health Action Week (October 12-20)
• National Health Education Week (October 20-24, 2020)
• Walk to School Day (1st Wednesday in October)
• National Depression Screening Day (October 8, 2020)

November
• American Diabetes Month
• Lung Cancer Awareness Month
• National Alzheimer's Disease Awareness Month
• Great American Smokeout (3rd Thursday in November)
• World Diabetes Day (November 14th)
• National Clean Out Your Refrigerator Day (November 15th)
• National Take a Hike Day (November 17th)

December
• National Influenza Vaccination Week
• National Handwashing Awareness Week (1st week of December)

Sources:
https://www.welcoa.org/health-observances/