2021 National Holiday & Health Observance Calendar

January
- Family Fit Lifestyle Month
- Healthy Weight Week (January 17-23, 2021)

February
- American Heart Month
- National Cancer Prevention Month
- National Canned Food Month
- National Snack Food Month
- America Saves Week (February 22-26, 2021)
- National Wear Red Day (February 5, 2021)
- World Cancer Day (February 4, 2021)

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 8-14, 2021)
- National Sleep Awareness Week
- World Kidney Day (March 11, 2021)
- World Sleep Day (March 19, 2021)
- World Water Day (March 22, 2021)
- American Diabetes Alert Day (4th Tuesday in March - March 25, 2021)

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
- **Sports Eye Safety Awareness Month**
- **Women’s Eye Health and Safety Month**
- **National Public Health Week** (April 5-11, 2021)
- **World Immunization Week** (April 20-25, 2021)
- **World Health Day** (April 7, 2021)
- **Earth Day** (April 22, 2021)

**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 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** (1st week in May)
- **National Women's Health Week** (May 9-15, 2021)
- **International No Diet Day** (May 6, 2021)
- **Don't Fry Day** (Friday before Memorial Day – May 28, 2021)
- **Brown-Bag-It Day** (May 25th)
- **National Senior Health & Fitness Day®** (Wednesday, May 26, 2021)
- **Heat Safety Awareness Day** (May 31st)
- **World No Tobacco Day** (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** (Week leading up to Father’s Day)
- **National Garden Week** (1st full week in June)
- **World Bicycle Day** (June 3rd)
- **National Herbs & Spices Day** (June 10th)
- **National Get Outdoors Day** (2nd Saturday - June 12th)
- **Family Health & Fitness Day USA®** (2nd Saturday - June 12th)
- **National Eat Your Vegetables Day** (June 17th)
- **International Day of Yoga** (June 21st)
- **National Smoothie Day** (June 21st)
• **National Hydration Day** (June 23rd)
  
  National Work from Home Day (June 24th)

**July**

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

**August**

• **National Eye Exam Month**
  
  • **National Immunization Awareness Month**
  
  • **National Farmers Market Week** (1st full week – August 1-7, 2021)
  
  • **National Financial Awareness Day** (August 14th)
  
  • **National Relaxation Day** (August 15, 2021)

**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 Awareness Month**
  
  • **Whole Grains Month**
  
  • **National Suicide Prevention Week** (September 6th–12th)
  
  • **World Suicide Prevention Day** (Friday, September 10th)
  
  • **National Women's Health & Fitness Day** (last Wednesday in September)
  
  • **World Heart Day** (Wednesday, September 29th)
  
  • **Better Breakfast Day** (September 26th)

**October**

• **Eat Better, Eat Together Month**
  
  • **National Breast Cancer Awareness Month**
  
  • **National Dental Hygiene Month**
  
  • **National Physical Therapy Month**
  
  • **Mental Illness Awareness Week** (Sunday, October 3rd – Saturday, October 9th)
  
  • **Bone and Joint Health Action Week** (October 12-20)
  
  • **National Health Education Week** (October 18th-22nd, 2021)
  
  • **National Depression Screening Day** (October 7th, 2021)
  
  • **World Food Day** (October 16th)

**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)
- **National Family Health History Day** (November 25th)

**December**
- **National Influenza Vaccination Week** (December 6th-12th)
- **National Handwashing Awareness Week** (1st week of December)