



# 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](#) (4<sup>th</sup> 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\*\*](#) (1<sup>st</sup> 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 25<sup>th</sup>)
- [\*\*National Senior Health & Fitness Day\*\*](#)<sup>®</sup> (Wednesday, May 26, 2021)
- [\*\*Heat Safety Awareness Day\*\*](#) (May 31<sup>st</sup>)
- [\*\*World No Tobacco Day\*\*](#) (May 31<sup>st</sup>)

## 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\*\*](#) (1<sup>st</sup> full week in June)
- [\*\*World Bicycle Day\*\*](#) (June 3<sup>rd</sup>)
- [\*\*National Herbs & Spices Day\*\*](#) (June 10<sup>th</sup>)
- [\*\*National Get Outdoors Day\*\*](#) (2<sup>nd</sup> Saturday - June 12<sup>th</sup>)
- [\*\*Family Health & Fitness Day USA\*\*](#)<sup>®</sup> (2<sup>nd</sup> Saturday - June 12<sup>th</sup>)
- [\*\*National Eat Your Vegetables Day\*\*](#) (June 17<sup>th</sup>)
- [\*\*International Day of Yoga\*\*](#) (June 21<sup>st</sup>)
- [\*\*National Smoothie Day\*\*](#) (June 21<sup>st</sup>)

- [National Hydration Day](#) (June 23<sup>rd</sup>)
- National Work from Home Day (June 24<sup>th</sup>)

## July

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

## August

- National Eye Exam Month
- [National Immunization Awareness Month](#)
- [National Farmers Market Week](#) (1<sup>st</sup> full week – August 1-7, 2021)
- National Financial Awareness Day (August 14<sup>th</sup>)
- National Relaxation Day (August 15, 2021)

## September

- [Better Breakfast Month](#)
- [Family Meals Month](#)
- [Healthy Aging<sup>®</sup> 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 6<sup>th</sup>–12<sup>th</sup>)
- [World Suicide Prevention Day](#) (Friday, September 10<sup>th</sup>)
- [National Women's Health & Fitness Day](#) (last Wednesday in September)
- [World Heart Day](#) (Wednesday, September 29<sup>th</sup>)
- [Better Breakfast Day](#) (September 26<sup>th</sup>)

## 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 3<sup>rd</sup> – Saturday, October 9<sup>th</sup>)
- [Bone and Joint Health Action Week](#) (October 12-20)
- [National Health Education Week](#) (October 18<sup>th</sup>-22<sup>nd</sup>, 2021)
- [National Depression Screening Day](#) (October 7<sup>th</sup>, 2021)
- [World Food Day](#) (October 16<sup>th</sup>)

## November

- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Disease Awareness Month](#)
- [Great American Smokeout](#) (3<sup>rd</sup> Thursday in November)

- [World Diabetes Day](#) (November 14<sup>th</sup>)
- [National Clean Out Your Refrigerator Day](#) (November 15<sup>th</sup>)
- [National Take a Hike Day](#) (November 17<sup>th</sup>)
- [National Family Health History Day](#) (November 25<sup>th</sup>)

## **December**

- [National Influenza Vaccination Week](#) (December 6<sup>th</sup>-12<sup>th</sup>)
- [National Handwashing Awareness Week](#) (1<sup>st</sup> week of December)