2022 National Holiday & Health Observance Calendar

January
- Family Fit Lifestyle Month
- Healthy Weight Week (third full week of January)

February
- American Heart Month
- National Cancer Prevention Month
- National Canned Food Month
- National Snack Food Month
- America Saves Week (Feb. 21-25)
- National Wear Red Day (Feb. 4)
- World Cancer Day (Feb. 4)

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 10)
- World Sleep Day (March 18)
- American Diabetes Alert Day (March 22)

April
- National Minority Health Month
- National Garden Month
- National Cancer Control Month
- Occupational Therapy Month
- Stress Awareness Month
- Sports Eye Safety Awareness Month
- Women’s Eye Health and Safety Month
- National Public Health Week (April 4-10)
- World Immunization Week
• **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 2-8)
• **National Women’s Health Week**
• **International No Diet Day** (May 6)
• **Don’t Fry Day** (May 27)
• **Brown-Bag-It Day** (May 25)
• **National Senior Health & Fitness Day®**
• **Heat Safety Awareness Day** (May 31)
• **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** (June 13-19)
• **Wear BLUE Day** (June 17)
• **National Garden Week** (June 5-11)
• **World Bicycle Day** (June 3)
• **National Herbs & Spices Day** (June 10)
• **National Get Outdoors Day** (June 11)
• **Family Health & Fitness Day USA®** (June 11)
• **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 24)
July
- Park and Recreation Month
- UV Safety Month

August
- National Eye Exam Month
- National Immunization Awareness Month
- National Farmers Market Week (Aug. 7-13)
- 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 (Sept. 4-10)
- World Suicide Prevention Day (Sept. 10)
- National Women's Health & Fitness Day (Sept. 28)
- World Heart Day (Sept. 29)
- Better Breakfast Day (Sept. 26)

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 Health 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 (Nov. 17)
- 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 (Nov. 25)

December

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