

# JANUARY 2024

## National Birth Defects Awareness Month

About 1 out of every 33 babies in the United States is born with a birth defect. These can be minor or severe, ranging from structural (e.g., cleft lip or spina bifida) to functional and developmental (e.g., Down syndrome or cystic fibrosis).

January is National Birth Defects Awareness Month. Birth defects can happen for many reasons. Although not all can be prevented, people can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant. Meeting the complex needs of a person with a congenital disorder involves the whole family and can be challenging; however, finding resources, knowing what to expect and planning for the future can help.

Contact us for more health and wellness resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Cervical Health Awareness Month</a> <a href="#">National Birth Defects Prevention Month</a> <a href="#">National Glaucoma Awareness Month</a> <a href="#">National Radon Action Month</a> <a href="#">Thyroid Awareness Month</a>						
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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# FEBRUARY 2024

## American Heart Month

In the United States, one person dies every 33 seconds from cardiovascular disease, making it the leading cause of death in the country. Additionally, nearly half of Americans are at risk for heart disease, and that statistic continues to rise. Some types of heart disease include arrhythmias, heart failure, heart attacks and strokes.

February is American Heart Month, so it's important to understand that while heart disease can be deadly, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity and physical inactivity. As such, diet and exercise are the best ways to reduce your risk of heart complications.

Contact us for more information about heart health and early warning signs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">AMD/Low Vision Awareness Month</a> <a href="#">American Heart Month</a> <a href="#">International Prenatal Infection Prevention Month</a> <a href="#">National Children's Dental Health Month</a> <a href="#">Teen Dating Violence Awareness Month</a>						
				1	2	3
4	5	6	7	8	9	10 Chinese New Year
11	12	13 Mardi Gras Begins	14 Valentine's Day	15	16	17
18	19 Presidents Day	20	21	22	23	24
25	26	27	28	29		

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# MARCH 2024

## National Kidney Month

While 33% of U.S. adults are at risk for kidney disease, most don't even know it. That's because kidney disease often has no symptoms until an advanced stage. Also, there are numerous physical signs of kidney disease, but most people attribute them to other conditions. That makes testing critical. Early treatment can also slow the progression of kidney disease and prevent other problems, like a heart attack, stroke or kidney failure.

March is National Kidney Month, making it a great time to take charge of your health to lower your chances of developing kidney disease. The kidneys filter blood to remove waste and extra water to create urine. They also make vital hormones that produce red blood cells, promote bone health and regulate blood pressure. Blood and urine tests are the best way to determine how well your kidneys work if you're at risk for disease.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Bleeding Disorders Awareness Month</a> <a href="#">National Colorectal Cancer Awareness Month</a> <a href="#">National Endometriosis Month</a> <a href="#">National Kidney Month</a>			<a href="#">National Nutrition Month</a> <a href="#">National Problem Gambling Awareness Month</a> <a href="#">Save Your Vision Month</a> <a href="#">Trisomy Awareness Month</a>			
					1	2
3	4	5	6	7	8	9
10 Daylight Saving Time Starts Ramadan Begins	11	12	13	14	15	16
17 St. Patrick's Day	18	19 Spring Equinox	20	21	22	23
24	25	26	27	28	29 Good Friday	30
31 Easter						

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# APRIL 2024

## Autism Acceptance Month

Autism is a broad term used to describe a group of lifelong neurodevelopmental conditions that can impact a person’s social skills, communication, relationships and self-regulation. It’s the fastest-growing developmental disability in the country, with 1 in 36 children receiving a diagnosis. With 5.8 million adults also diagnosed with autism, autism impacts a vast majority of people at home, school, work and in the community.

April is Autism Acceptance Month. Beyond autism awareness, this month aims to highlight the diversity of autistic experiences and needs and serve as a reminder that acceptance can happen daily. One way to accept and include students and employees with autism is to celebrate their differences and focus on their strengths—instead of challenges.

Contact us for more information about autism and how to support the community across the spectrum.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <a href="#">Alcohol Awareness Month</a>  <a href="#">Irritable Bowel Syndrome Awareness Month</a>  <a href="#">National Autism Acceptance Month</a>  <a href="#">National Child Abuse Prevention Month</a>  <a href="#">National Distracted Driving Awareness Month</a> </div> <div style="width: 30%;"> <a href="#">National Donate Life Month</a>  <a href="#">National Facial Protection Month</a>  <a href="#">National Minority Health Month</a>  <a href="#">Occupational Therapy Month</a>  <a href="#">Oral Cancer Awareness Month</a> </div> <div style="width: 30%;"> <a href="#">Sexual Assault Awareness and Prevention Month</a>  <a href="#">Sports Eye Safety Awareness Month</a>  <a href="#">Sexually Transmitted Infections Awareness Month</a>  <a href="#">Testicular Cancer Awareness Month</a> </div> </div>						
	1 April Fools’ Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth Day	23	24	25	26	27
28	29	30				

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# MAY 2024

## Mental Health Awareness Month

An individual’s mental health—how one thinks, feels and acts—can change over time due to various factors. Mental illnesses are some of the most common health conditions in the United States. While 1 in 5 adults experiences mental illness each year, less than half of them receive treatment. The stigma around mental health and treatment has long existed, but fortunately, it’s becoming less of a taboo topic.

May is Mental Health Awareness Month, but prioritizing mental health is essential year-round. If you know someone who is experiencing a mental illness, be supportive, validate what they are going through and minimize judgment about seeking help. Americans can dial 988 for a direct connection to care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles.

Contact us for additional mental health resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Arthritis Awareness Month</a> <a href="#">Better Hearing and Speech Month</a> <a href="#">Food Allergy Action Month</a> <a href="#">Global Employee Health and Fitness Month</a>		<a href="#">Healthy Vision Month</a> <a href="#">Hepatitis Awareness Month</a> <a href="#">International Mediterranean Diet Month</a> <a href="#">Skin Cancer Awareness Month</a> <a href="#">Mental Health Month</a>		<a href="#">National Asthma and Allergy Awareness Month</a> <a href="#">National Osteoporosis Month</a> <a href="#">American Stroke Month</a> <a href="#">National Teen Pregnancy Prevention Month</a> <a href="#">Preeclampsia Awareness Month</a>		
			1	2	3	4
5 Cinco de Mayo	6	7	8	9	10	11
12 Mother’s Day	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Memorial Day	28	29	30	31	

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# JUNE 2024

## National Safety Month

Preventable injuries, also known as accidents, are the fourth leading cause of death in the United States. The most common preventable injury-related deaths are poisoning, motor vehicle and falls. Other safety concerns could include emergency preparedness or slips, trips and falls. Since accidents can happen anytime, safety is important all the time.

June is National Safety Month. It's important to be prepared and prevent accidents or injuries at home, work or anywhere. For example, to be proactive at home, you could conduct a fire drill or update your first-aid kit to make it safer for you and your loved ones.

Reach out to us for additional safety-related resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="#">Fireworks Safety Month</a> <a href="#">Alzheimer's and Brain Awareness Month</a> <a href="#">Cataract Awareness Month</a> <a href="#">Men's Health Month</a>				<a href="#">Myasthenia Gravis Awareness Month</a> <a href="#">National Aphasia Awareness Month</a> <a href="#">National Congenital Cytomegalovirus Awareness Month</a> <a href="#">National Safety Month</a>	
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Flag Day	15
16 Father's Day	17	18	19 Juneteenth	20 Summer Solstice	21	22
23	24	25	26	27	28	29
30						

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# JULY 2024

## UV Safety Awareness Month

During the summer months, it's time to get outside and enjoy the sunshine. But it's important to know that too much sun can negatively impact your body. Ultraviolet (UV) rays contain harmful radiation, and too much exposure can cause serious health issues, such as premature aging and skin cancer.

July is UV Safety Awareness Month. When the weather heats up, it's important to be aware of the impacts of UV exposure. To protect yourself, consider staying in the shade during the sun's peak hours, wearing protective clothing and using a broad-spectrum sunscreen with an SPF of at least 30.

Speak with us to learn more about the risks of UV exposure and how you can best protect yourself.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Cord Blood Awareness Month</a> <a href="#">International Group B Strep Awareness Month</a> <a href="#">Juvenile Arthritis Awareness Month</a> <a href="#">National Cleft and Craniofacial Awareness and Prevention Month</a>						
	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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# AUGUST 2024

## Gastroparesis Awareness Month

Gastroparesis is a condition that affects the muscles of the stomach, preventing proper stomach emptying. It can cause indigestion, pain, bloating, heartburn and blood sugar fluctuations. Nearly 1 in 3 people who have diabetes develop gastroparesis, but it can also arise following surgery, the use of certain medications or in association with another illness.

August is Gastroparesis Awareness Month. You can help prevent or manage gastroparesis with healthy eating choices, such as eating small, nutritious meals and staying hydrated. Use this month as a reminder to take an active role in your health.

Contact us for more information regarding gastroparesis.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Children's Eye Health and Safety Month</a> <a href="#">Gastroparesis Awareness Month</a> <a href="#">National Breastfeeding Month</a> <a href="#">National Immunization Awareness Month</a> <a href="#">Psoriasis Awareness Month</a>						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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# SEPTEMBER 2024

## National Recovery Month

Substance use disorder (SUD) is a treatable mental disorder that impacts an individual’s brain and behavior, causing an inability to control the use of certain substances, such as drugs or alcohol. Millions of people struggle with SUDs and co-occurring mental disorders every year.

September is National Recovery Month. Recovering from addiction is a process of change that can improve wellness, increase control and help you reach your full potential. Use this month to reflect on your health and the goals you want to accomplish.

Contact us for more information about SUD and how to support individuals in your community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Childhood Cancer Awareness Month</a> <a href="#">Healthy Aging Month</a> <a href="#">National Atrial Fibrillation Awareness Month</a> <a href="#">National Food Safety Education Month</a> <a href="#">National ITP Awareness Month</a> <a href="#">National Head Lice Prevention Month</a>			<a href="#">National Preparedness Month</a> <a href="#">National Recovery Month</a> <a href="#">National Sickle Cell Month</a> <a href="#">National Yoga Awareness Month</a> <a href="#">Newborn Screening Awareness Month</a> <a href="#">Ovarian Cancer Awareness Month</a>		<a href="#">Pain Awareness Month</a> <a href="#">Prostate Cancer Awareness Month</a> <a href="#">Sepsis Awareness Month</a> <a href="#">Sexual Health Awareness Month</a> <a href="#">Whole Grains Month</a> <a href="#">World Alzheimer’s Month</a>	
1	2 Labor Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Autumnal Equinox	23	24	25	26	27	28
29	30					

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# OCTOBER 2024

## Health Literacy Month

Health literacy is the degree to which individuals have the capacity to obtain, process and understand basic health information needed to make appropriate decisions. A health care provider may use medical language you're unfamiliar with or don't understand. This is why it's essential to know how health-literate you are.

October is Health Literacy Month. Those with low health literacy may not receive equal medical and behavioral care because they do not have the same level of understanding as their provider. Ways to improve health literacy include asking questions, researching your medical conditions, checking for handouts or materials at the doctor's office and having further conversations with your provider.

Reach out to us today for more health-related resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="#">Domestic Violence Awareness Month</a> <a href="#">Eye Injury Prevention Month</a> <a href="#">Health Literacy Month</a> <a href="#">National Breast Cancer Awareness Month</a> <a href="#">National Bullying Prevention Month</a>				<a href="#">National Dental Hygiene Month</a> <a href="#">National Down Syndrome Awareness Month</a> <a href="#">National Physical Therapy Month</a> <a href="#">Sudden Cardiac Arrest Awareness Month</a> <a href="#">Sudden Infant Death Syndrome (SIDS) Awareness Month</a>	
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Columbus Day  Indigenous Peoples' Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween  Diwali		

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# NOVEMBER 2024

## American Diabetes Month

Diabetes comes in two forms: Type 1 and Type 2. While Type 2 diabetes is far more common, both can be deadly, as they affect the body’s insulin production. More than 133 million U.S. adults are living with diabetes (Type 1 and Type 2) or prediabetes. Prediabetes, which is characterized by high sugar levels but not high enough for a Type 2 diagnosis, raises one’s risk for diabetes, heart disease and stroke.

November is National Diabetes Month. With 1 in 5 adults not knowing that they are impacted directly by diabetes, it’s essential to understand the risk factors and symptoms. Type 1 diabetes is most significantly impacted by family and age, while Type 2 diabetes is most directly impacted by being overweight, not exercising and having a family history of diabetes. A lifestyle change program (e.g., diet and exercise changes) can help a person reverse prediabetes.

Reach out to us for more information about diabetes and healthy lifestyle changes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="#">American Diabetes Month</a> <a href="#">Bladder Health Month</a> <a href="#">COPD Awareness Month</a> <a href="#">Diabetic Eye Disease Month</a> <a href="#">Lung Cancer Awareness Month</a>				<a href="#">National Alzheimer’s Disease Awareness Month</a> <a href="#">National Family Caregivers Month</a> <a href="#">National Healthy Skin Month</a> <a href="#">National Hospice and Palliative Care Month</a> <a href="#">Stomach Cancer Awareness Month</a>	
					1	2
3 Daylight Saving Time Ends	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving	29	30

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# DECEMBER 2024

## Safe Toys and Gifts Awareness Month

Now's the time to gather with loved ones, eat comfort food and share thoughtful gifts. Unfortunately, sometimes even the most well-intentioned gifts can come with unforeseen risks.

December is Safe Toys and Gifts Awareness Month. When holiday shopping, it's important to think about a gift before giving it. One of the biggest risks during this time of year is giving young children toys with potentially dangerous components, such as small parts that can be swallowed. Tips for selecting appropriate toys include checking labels for age ranges; avoiding toys with small parts that can injure, be swallowed or cause blindness; and ensuring toys are labeled as nontoxic. Additionally, if you intend to gift sporting equipment or similar gear, it's also important to provide protective gear, such as helmets and knee pads.

Reach out to us today for more well-being and lifestyle resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Safe Toys and Gifts Awareness Month</a>						
1 World AIDS Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Winter Solstice
22	23	24 Christmas Eve	25 Christmas Day Hanukkah Begins	26	27	28
29	30	31 New Year's Eve				

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