

2021 Wellness Calendar

HEALTH AND WELLNESS
OBSERVANCES AT A GLANCE



FutureHealth



January

Thyroid Awareness Month

National Glaucoma Awareness Month

National Birth Defects Prevention Month

Cervical Health Awareness Month

Weeks to Note:

Folic Acid Awareness Week; January 6 - 12

Days to Note:

World Leprosy Day 2021; January 31

*"Our greatest glory is
not never falling, but
in rising every time
we fall"*

- Confucius

**Recipe of the Month-
Roasted
Eggplant Dip**

February

American Heart Month

International Prenatal Infection Prevention Month

National Children's Dental Health Month

Weeks to Note:

Congenital Heart Defect Awareness Week; February 7 - 14

National Eating Disorder Awareness Week; February 22 - 26

Days to Note:

World Cancer Day 2021; February 4

National Wear Red Day 2021; February 5

Give Kids A Smile ® Day; February 5

National Black HIV/AIDS Awareness Day; February 7

Toothache Day 2021; February 9

National Donor Day; February 14

National Heart Valve Disease Awareness Day; February 22

Rare Disease Day 2021; February 28

*"All of our dreams can
come true, if we have
the courage to pursue
them"*

- Walt Disney

**Recipe of the Month -
Chicken Pot
Pie Soup**

March

National Kidney Month

National Nutrition Month

Save Your Vision Month

Workplace Eye Wellness Month

Weeks to Note:

National Pulmonary Rehabilitation Week; March 8 - 14

Patient Safety Awareness Week; March 14 - 20

National Sleep Awareness Week; March 14 - 20

National Poison Prevention Week; March 14 - 20

Brain Awareness Week; March 15 - 21

National Drug and Alcohol Facts Week; March 22 - 28

Days to Note:

National Women and Girls HIV/AIDS Awareness Day; March 10

World Kidney Day 2021; March 11

National Native American HIV/AIDS Awareness Day; March 20

World Oral Health Day; March 20

American Diabetes Alert Day; March 26

National Doctors' Day; March 30

*"Everything you've ever
wanted is on the other
side of fear"*

- George Addair

**Recipe of the Month -
Whole-Wheat Irish
Soda Bread**

April

Alcohol Awareness Month

National Donate Life Month

Sexual Assault Awareness & Prevention Month

STI Awareness Month

Stress Awareness Month

Testicular Cancer Awareness Month

Weeks to Note:

National Public Health Week: April 1 - 7

Oral, Head, and Neck Cancer Awareness Week; April 11 - 16

Every Kid Healthy Week; April 19 - 23

World Immunization Week; April 22 - 28

Days to Note:

World Autism Awareness Day; April 2

World Health Day 2021; April 7

National Youth HIV and AIDS Awareness Day; April 10

National Prescription Drug Take Back Day; April 15

Annual National Healthcare Decisions Day; April 16

World Day for Safety and Health at Work; April 28

*"Success is not final,
failure is not fatal: it is
the courage to continue
that counts"*

- Winston Churchill

**Recipe of the Month -
Asparagus Salad
Topped with Poached
Eggs**

May

Global Employee Health and Fitness Month
Mental Health Month
National Asthma & Allergy Awareness Month
National Celiac Disease Awareness Month
National High Blood Pressure Education Month
National Nurses Month
National Physical Fitness and Sports Month
National Teen Pregnancy Prevention Month
Skin Cancer Prevention Month

Weeks to Note:

National Hospital Week; May 2 - 8
Air Quality Awareness Week; May 3 - 7
National Nurses Week; May 6 - 12
National Women's Health Week; May 10 - 16

Days to Note:

World Hand Hygiene Day; May 5
National School Nurse Day; May 6
Children's Mental Health Awareness Day; May 7
National Student Nurses Day; May 8
Chronic Fatigue Syndrome Day; May 12
World AIDS Vaccine Day 2021; May 18
HIV Vaccine Awareness Day; May 18
Don't Fry Day; May 21
World No Tobacco Day; May 31

*"Hardships often
prepare ordinary people
for an extraordinary
destiny"*

- C.S. Lewis

**Recipe of the Month -
Fish Tacos with
Cilantro Lime Dressing**

June

Alzheimer's & Brain Awareness Month
Cataract Awareness Month
Men's Health Month
National Migraine and Headache Awareness Month
PTSD Awareness Month
Scoliosis Awareness Month

Weeks to Note:

Men's Health Week; June 14 - 20
Helen Keller Def-Blind Awareness Week; June 21 - 27

Days to Note:

National Cancer Survivors Day; June 6
World Brain Tumor Day; June 8
World Blood Donor Day; June 14
Autistic Pride Day; June 18
World Sickle Cell Day; June 19
World Vitiligo Day; June 25
National HIV Testing Day; June 27



*"Believe on yourself.
You are braver than you
think, more talented
than you know, and
capable of more than
you imagine"*
- Roy T. bennett

**Recipe of the Month -
Steak Fajitas**

July

Cord Blood Awareness Month

Group B Strep Awareness Month

Healthy Vision Month

Juvenile Arthritis Awareness Month

National Cleft & Craniofacial Awareness & Prevention Month

Sarcoma Awareness Month

UV Safety Month

Days to Note:

World Hepatitis Day; July 28

*"Definitions of
purpose is the
starting point of all
achievement"
- W. Clement Stone*

**Recipe of the Month -
Banana Ice Cream**

August

Children's Eye Health and Safety Month
Digestive Tract Paralysis Awareness Month
Gastroparesis Awareness Month
National Breastfeeding Month
National Immunization Awareness Month
Psoriasis Action Month
Summer Sun Safety Month

Weeks to Note:

World Breastfeeding Week; August 1 - 7
National Health Center Week; August 9 - 15
Contact Lens Health Week; August 19 - 23

Days to Note:

World Lung Cancer Day; August 1
International Overdose Awareness Day; August 31

"If you believe it will work out, you'll see opportunities. If you believe it won't, you will see obstacles"
- Wayne Dyer

**Recipe of the Month -
Mediterranean Summer
Salad**

September

Healthy Aging ® Month

National Recovery Month

National Yoga Awareness Month

Ovarian Cancer Awareness Month

Pain Awareness Month

Sexual Health Awareness Month

Sports Eye Safety Awareness Month

Weeks to Note:

National Rehabilitation Awareness Week; September 13 - 17

Fungal Disease Awareness Week; September 20-24

Days to Note:

World Sexual Health Day; September 4

World Suicide Prevention Day; September 10

National Celiac Disease Awareness Day; September 13

National HIV/AIDS and Aging Awareness Day; September 18

Get Ready for Flu Day; September 21

World Lung Day; September 25

National Women's Health and Fitness Day; September 29

World Heart Day; September 29

*"Believe you can
and you're
halfway there"
- Theodore
Roosevelt*

**Recipe of the Month -
Eggplant Parmesan**

October

Domestic Violence Awareness Month

Health Literacy Month

National Breast Cancer Awareness Month

National Dental Hygiene Month

National Physical Therapy Month

Weeks to Note:

Mental Illness Awareness Week; October 3 - 9

National Primary Care Week; October 4 - 8

Bone and Joint Health Action Week; October 12 - 20

International Infection Prevention Week; October 17 - 23

National Healthcare Quality Week; October 17 - 23

National Health Education Week; October 18 - 22

Days to Note:

World Mental Health Day; October 10

National Depression Screening Day; October 7

Global Handwashing Day; October 15

National Check Your Meds Day; October 21

International Stuttering Awareness Day; October 22

National Prescription Drug Take Back Day; October 24

World Psoriasis Day; October 29

"Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change"
- Unknown

**Recipe of the Month -
Zuppa di Pesce**

November

American Diabetes Month

Bladder Health Month

COPD Awareness Month

Diabetic Eye Disease Awareness Month

Lung Cancer Awareness Month

National Healthy Skin Month

Weeks to Note:

National Diabetes Education Week; November 1 - 7

National Radiologic Technology Week; November 7-13

GERD Awareness Week; November 23 - 29

Days to Note:

National Diabetes Heart Connection Day; November 9

World Pneumonia Day; November 12

World Diabetes Day; November 14

Great American Smokeout; November 19

National Family Health History Day; November 25

*"Perseverance is the
hard work you do
after you get tired of
doing the hard work
you already did"*
- Newt Gingrich

**Recipe of the Month -
Sweet Potato
Casserole**

December

National Safe Toys and Gifts Month

Weeks to Note:

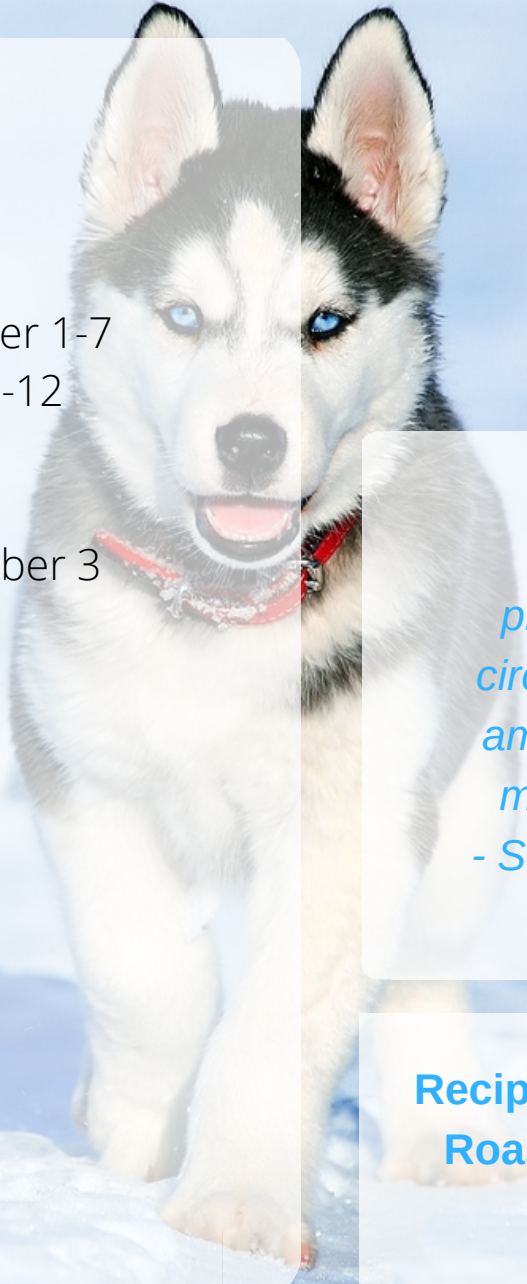
National Handwashing Awareness Week; December 1-7

National Influenza Vaccination Week; December 6-12

Days to Note:

World AIDS Day; December 1

International Day of People with Disability; December 3



*"I am not a
product of my
circumstances. I
am a product of
my decisions"
- Stephen Covey*

**Recipe of the Month -
Roasted Spaghetti
Squash**