

2016

Health & Wellness
Observances



JANUARY

S	M	T	W	T	F	S
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31						

FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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January

Cervical Health Awareness Month
National Blood Donor Month
National Glaucoma Awareness Month
Thyroid Awareness Month

February

American Heart Month
Cancer Prevention Month
National Children's Dental Health Month

March

National Nutrition Month
Colorectal Cancer Awareness Month

April

Stress Awareness Month
Alcohol Awareness Month

May

National Stroke Awareness Month
National Mental Health Awareness Month
Better Sleep Month

June

Men's Health Month
National Great Outdoors Month

July

UV Safety Month
National Park & Recreation Month
Eye Injury Prevention Month

August

National Immunization Awareness Month
Children's Eye Health & Safety Month

September

Prostate Cancer Awareness Month
National Cholesterol Education Awareness Month
National Childhood Obesity Awareness Month
Healthy Aging Month

October

National Breast Cancer Awareness Month
National Depression & Mental Health Screening Month

November

American Diabetes Month
National Healthy Skin Month
National Alzheimer's Disease Awareness Month

December

Safe Toys & Gifts Month
National Drunk & Drugged Driving Prevention Month

Be sure to click on any underlined text within the calendar to discover additional health resources!



January

Cervical Health Awareness Month

National Blood Donor Month

National Glaucoma Awareness Month

Thyroid Awareness Month

Healthy Weight
Week

18-24

National Drug
Facts Week

25-31

Tips from
Vivacity:

The New Year is the perfect time to reflect on the past 12 months and assess what resolutions you want to make for the year ahead. If getting healthy happens to fall within your goals, then now is the perfect time to take a Health Assessment. Get to know your health numbers and track them throughout the year. This will show your progress over time and keep you motivated. Cheers to good health!

Ask Vivacity about how their wellness platform can help your workplace track it's way to better health.



February

American Heart Month

Cancer Prevention Month

National Children's Dental Health Month

World Cancer
Day

4

National Wear
Red Day

5



Tips from
Vivacity:

You're never too young - or too old - to take care of your heart. The best way to prevent heart disease is to be physically active and choose a healthy eating plan.

If you work in front of a computer all day, set a reminder to get out and walk for 15 minutes, two times a day. Better yet, recruit a co-worker to join you, it will keep you both accountable - and it's more fun!





March

National Nutrition Month

Colorectal Cancer Awareness Month

National Sleep
Awareness Week

6-13

Kick Butts
Day

16

American Diabetes Association
Alert Day

22

Tips from
Vivacity:

Good nutrition is one of the keys to good health and when you're busy it can be extremely tough to stay on track. A few things to remember while on the go:

- Never skip breakfast: A healthy breakfast can curb cravings and keep you from binge eating later. Overnight oats is a great quick, healthy and tasty option to try.
- BYO-lunch: This can save you time while on the run. Stick to simple creations like veggie wraps, salads or soup.
- Make nutritious food choices convenient: Try keeping only healthy snacks, like nuts or fruit, at work.



April

Stress Awareness Month

Alcohol Awareness Month

World Health
Day
7

National Public
Health Week
4-10

National
Volunteer Week
10-16

National Healthcare
Decision Day
16



Tips from
Vivacity:

Stress can be punishing to our health, both physically and mentally, and it can drastically lower our quality of life. To get stress under control we need to find out what's causing the stress, identify ways to reduce it and reshape the way we respond to it.

Ask Vivacity about how their Stress Management program can help you use your stress to become more powerful and transform emotionally overwhelming events into opportunities for growth and greater resilience.





May

National Stroke Awareness Month

National Mental Health Awareness Month

Better Sleep Month

Women's
Health Week

Bike to
Work Week

National Senior
Health & Fitness
Day

8-14

16-20

25

Tips from Vivacity:

During sleep, the body repairs itself so that when the alarm clock goes off, our bodies are renewed and refreshed. Tossing and turning all night can affect judgment, productivity, and the ability to retain information the next day. Sleep better tonight by:

- Establishing a bedtime routine
- Exercise regularly
- Set a daily wake up time
- Keep the bedroom cool
- Keep caffeine fixes to mornings
- Establish an "electronics curfew"



June

Men's Health Month

National Great Outdoors Month

National Trails
Day

4

National Cancer
Survivors Day

5

National Men's
Health Week

13-19



Tips from
Vivacity:

Almost all of us have been awestruck by nature at one time or another. Whether it's running at sunset or walking alongside a cool trickling stream, being outdoors and aware of the world's beauty can make you feel energized and alive. Set-to the great outdoors to:

- Reduce stress
- Lift mood
- Increase brain function
- Make exercise easier
- Soak up vitamin D





July

UV Safety Month

National Park & Recreation Month

Eye Injury Prevention Month

Fireworks
Safety

4

Tips from
Vivacity:

Protect yourself from UV Rays!

- Apply broad-spectrum sunscreen (UVA/UVB) SPF 15+ at least 15 minutes before going outside and reapply every two hours
- Examine your skin head-to-toe once a month- follow the ABCDE's of skin cancer: Asymmetry, Border, Color, Diameter, Evolving
- Stay in the shade, especially between 10am and 2pm



August

National Immunization Awareness Month

Children's Eye Health & Safety Month

National Health
Center Week

7-13

Contact Lens
Health Week

22-26



Tips from
Vivacity:

Your eyes are an important part of your health. There are many things you can do to keep them healthy to make sure you are seeing your best.

- Wear your shades: Look for sunglasses that block out 99-100 % of both UVA and UVB radiation.
- Give your eyes a rest: If you spend a lot of time at the computer try the 20-20-20 rule: Every 20 minutes look away about 20 feet in front of you for 20 seconds.
- Have a comprehensive dilated eye exam every 1 to 2 years





September

Prostate Cancer Awareness Month

National Cholesterol Education Awareness Month

National Childhood Obesity Awareness Month

Healthy Aging Month

Family Health &
Fitness Day, USA

24

National
Women's Health
& Fitness Day

28

World Heart
Day

29

Tips from
Vivacity:

Cholesterol levels are an important indicator of heart health. Try these tips to control your cholesterol:

- Exercise at least 2 1/2 hours a week to raise HDL and improve LDL and triglycerides.
- Eat high fiber foods like oatmeal and beans to keep your body from absorbing cholesterol.
- Relax and read a book. Stress can cause cholesterol to go through the roof.

Ask Vivacity about their screening services that can provide insight to heart health.



October

National Breast Cancer Awareness Month

National Depression & Mental Health Screening Month

National Mental Illness
Awareness Week

2-8

Child Health
Day

3

National Make a
Difference Day

22

World Mental
Health Day

10



Tips from
Vivacity:

Being resilient gives you a greater sense of control and allows you to overcome life's setbacks. A few ways to practice building resiliency include:

- Identify healthy outlets to express emotions and release tension, such as writing in a journal.
- Take action and think about what you can do to improve the situation, then do it.
- Take care of yourself to ensure your mind and body are primed to deal with situations that come up.

Ask Vivacity about how their lifestyle strategies program could help.





November

American Diabetes Month

National Healthy Skin Month

National Alzheimer's Disease Awareness Month

World Kindness
Day

13

World
Diabetes Day

14

Great American
Smokeout

17

Tips from Vivacity:

Kindness is contagious- when we're kind we inspire others to be kind. Go out of your way to be kind and see the positivity increase around you!

- Give a compliment
- Send someone a kind email or card
- Encourage those around you

- Smile!
- Pay it forward- pay for the person in line behind you



December

Safe Toys & Gifts Month

National Drunk & Drugged Driving Prevention Month

National Influenza
Vaccination Week

4-10

International
Volunteer Day

5



Tips from
Vivacity:

The holidays are a time of giving; why not give some of your time by volunteering. Being part of a larger cause will bring you more joy and cheer than any gift. Find a local organization or cause that means something to you and volunteer!





Vivacity helps companies meet wellness challenges head-on. With expert consultative insight, actionable analytics, and proven programs, we approach each employee and organization individually to create a sustainable culture of wellness.

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