

## 2025 Calendar

# Health Awareness

### January



- Cervical Health Awareness Month
- Thyroid Awareness Month
- National Glaucoma Awareness Month

### February



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

### March



- National Sleep Awareness Week: March 9-15
- National Kidney Month
- National Nutrition Month

### April



- World Immunization Week: April 24-30
- National Stress Awareness Month

### May



- National Asthma & Allergy Awareness Month
- National High Blood Pressure Education Month
- National Women's Health Month
- Mental Health Awareness Month

### June



- National Migraine & Headache Awareness Month
- National Great Outdoors Month
- Men's Health Month

### July



- UV Safety Month
- World Hepatitis Day: July 28

### August



- National Immunization Awareness Month
- National Breastfeeding Month
- Contact Lens Health Week: 3rd full week of August

### September



- Cholesterol Education Month
- National Women's Health and Fitness Day: September 25
- Head Lice Prevention Month

### October



- Healthy Lung Month
- Health Literacy Month
- World Meningitis Day: October 5

### November



- National Diabetes Month
- Gastroesophageal Reflux Disease Awareness Week: November 16-22

### December



- National Handwashing Awareness Week: 1st week in December
- National Influenza Vaccination