



NATIONAL WELLNESS INSTITUTE

Updated 3/1/04

2004

National Health Observances CALENDAR

JANUARY

Birth Defects Prevention Month

March of Dimes Birth Defects
Foundation
1275 Mamaronek Avenue
White Plains, NY 10605
(888) 663-4637
<http://www.modimes.org>

Cervical Cancer Awareness Month

National Cervical Cancer Coalition
1650 Sherman Way Ave, Suite 110
Van Nuys, CA 91406
(818) 909-3849
<http://www.nccc-online.org>

National Glaucoma Awareness Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

National Volunteer Blood Donor Month

American Association of Blood Banks
Department of Communications and
Public Relations
8101 Glenbrook Road
Bethesda, MD 20814-2749
(301) 907-6977
<http://www.aabb.org>

January 18-24 Healthy Weight Week

Healthy Weight Journal
402 South 14th Street
Hettinger, ND 58639
(701) 567-2646
<http://www.healthyweightnetwork.com>

FEBRUARY

AMD/Low Vision Awareness Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

American Heart Month

Contact your local chapter of the
American Heart Association at (800)
AHA-USA1
-or-
AHA National Headquarters
7272 Greenville Avenue
Dallas, TX 75231-4596
(800) 242-8721
<http://www.americanheart.org>

National Children's Dental Health Month

Contact the state or local dental society
or
American Dental Association
211 East Chicago Avenue
Chicago, IL 60611
(312) 440-2500
<http://www.ada.org>

National Condom Month

American Social Health Association
PO Box 13827
Research Triangle Park, NC 27709
(919) 361-8400
<http://www.ashastd.org>

Wise Health Consumer Month

American Institute for Preventive
Medicine
30445 Northwestern Highway, Suite
350
Farmington Hills, MI 48334
(800) 345-2476
<http://www.healthylife.com>

February 4

National Girls & Women in Sports Day

Women's Sports Foundation
Eisenhower Park
East Meadow, NY 11554
(800) 227-3988
<http://www.womenssportfoundation.org>

February 8-14

National Child Passenger Safety Awareness Week

National Highway Traffic Safety
Administration
Office of Public and Consumer Affairs
400 Seventh Street SW
Washington, DC 20590
(202) 366-9550
<http://www.nhtsa.dot.gov>

February 8-14

Marriage Week USA

Pinnacle Publications
812 State Fair Blvd.
Syracuse, NY 13209
(315) 484-4414
<http://www.pinnaclemagazines.com>

February 9-13

National Cardiac Rehabilitation Week

American Association of
Cardiovascular and Pulmonary
Rehabilitation
401 N. Michigan Ave., Suite 2200
Chicago, IL 60611
(312) 321-5146
<http://www.aacvpr.org>

February 9-15

(also observed in November)

Random Acts of Kindness Week

Random Acts of Kindness Foundation
1725 Tremont Place
Denver, CO 80202
(800) 660-2811
<http://www.actsofkindness.org>

FEBRUARY (cont'd)

February 14

National Condom Day

American Social Health Association
PO Box 13827
Research Triangle Park, NC 27709
(919) 361-8400
<http://www.ashastd.org>

February 16-23

National Condom Week

Pharmacist Planning Service, Inc.
101 Lucas Valley Road #210
San Rafael, CA 94903
(415) 479-8628
<http://www.ppsinc.org>

February 22-29

National Eating Disorders Awareness Week

National Eating Disorders Association
603 Stewart St, Suite 803
Seattle, WA 98101
(206) 382-3587
<http://www.nationaleatingdisorders.org>

MARCH

American Red Cross Month

American Red Cross, Public Affairs
National Headquarters
430 17th Street NW
Washington, DC 20006
(703) 206-6000
-or- contact your local chapter
<http://www.redcross.org>

BACCHUS and GAMMA (Collegiate) Safe Spring Break Programming

BACCHUS and GAMMA Peer
Education Network/Inter-Association
Task Force on Alcohol and Other
Drugs
PO Box 100430
Denver, CO 80250-0430
(303) 871-0901
<http://www.bacchusgamma.org>

Hemophilia Month

National Hemophilia Foundation
116 W. 32nd St, 11th Floor
New York, NY 10001
(212) 328-3700
<http://www.hemophilia.org>

National Colorectal Cancer Awareness Month

Cancer Research and Prevention
Foundation
1600 Duke Street, Suite 110
Alexandria, VA 22314
(800) 227-CRFA
<http://www.preventcancer.org>

National Kidney Month

National Kidney Foundation
30 East 33rd Street
New York, NY 10016
(800) 622-9010
<http://www.kidney.org>

National Nutrition Month

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
(800) 877-1600
<http://www.eatright.org>

National Poison Prevention Month

Pharmacist Planning Services, Inc.
101 Lucas Valley Road #210
San Rafael, CA 94903
(415) 479-8628
<http://www.ppsinc.org>

National Professional Social Work Month

National Association of Social Workers
750 First Street NE, Suite 700
Washington, DC 20002-4241
(800) 638-8799
<http://www.socialworkers.org>

Workplace Eye Health and Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

March 4-8

Save Your Vision Week

American Optometric Association
243 N. Lindbergh Boulevard
St. Louis, MO 63141
(800) 365-2219
<http://www.aoanet.org>

March 7-13

National Collegiate Health and Wellness Week

BACCHUS and GAMMA Peer
Education Network/Inter-Association
Task Force on Alcohol and Other
Drugs
PO Box 100430
Denver, CO 80250-0430
(303) 871-0901
<http://www.bacchusgamma.org>

March 8-12

National School Breakfast Week

American School Food Service
Association
700 S. Washington St., Suite 300
Alexandria, VA 22314
(703) 739-3900
<http://www.asfsa.org>

March 14-20

National Pulmonary Rehabilitation Week

American Association of
Cardiovascular and Pulmonary
Rehabilitation
401 N. Michigan Ave, Suite 2200
Chicago, IL 60611-4267
(312) 321-5146
<http://www.aacvpr.org>

March 21-27

National Poison Prevention Week

Poison Prevention Week Council
c/o U.S. Product Safety Commission
PO Box 1543
Washington, DC 20013
(301) 504-0580 ext. 1184
<http://www.poisonprevention.org>

March 25

American Diabetes Alert Day

American Diabetes Association
Public Relations
1701 N. Beauregard St.
Alexandria, VA 22311
(800) 342-2383
<http://www.diabetes.org>

March 31

Kick Butts Day

National Center for Tobacco-Free Kids
1400 I Street, Suite 1200
Washington, DC 20005
(202) 296-5469
<http://www.tobaccofreekids.org>

APRIL

National Alcohol Awareness Month

National Council on Alcoholism and Drug Dependence, Inc.
20 Exchange Place, Suite 2902
New York, NY 10005
(800) 622-2255 (to locate an area affiliate)
<http://www.ncadd.org>

National Cancer Control Month

Contact your local chapter or American Cancer Society
National Home Office
1599 Clifton Road, NE
Atlanta, GA 30329-4251
(800) 227-2345
<http://www.cancer.org>

National Child Abuse Prevention Month

Prevent Child Abuse America
200 South Michigan Avenue, Suite 1700
Chicago, IL 60604
(312) 663-3520
<http://www.preventchildabuse.org>
-or-
National Clearinghouse on Child Abuse and Neglect
330 C Street SW
Washington, DC 20447
(800) 394-3366
<http://www.calib.com/nccanch/prevmnt/h/index.cfm>

National Humor Month

The Carmel Institute of Humor
25470 Canada Drive
Carmel, CA 93923-8926
(831) 624-3058
<http://www.larrywilde.com>

National Minority Health & Health Disparities Month

Office of Minority Health Resource Center
PO Box 37337
Washington, DC 20013-7337
(800) 444-6472
<http://www.omhrc.gov>

National Occupational Therapy Month

The American Occupational Therapy Association
PO Box 31220
Bethesda, MD 20824-1220
(301) 652-2682
<http://www.aota.org>

National STDs/Family Planning Awareness Month

Pharmacist Planning Services, Inc.
101 Lucas Valley Road #210
San Rafael, CA 94903
(415) 479-8628
<http://www.ppsinc.org>

National Youth Sports Safety Month

National Youth Sports Safety Foundation, Inc.
1 Beacon Street, Suite 3333
Boston, MA 02103
(617) 277-1171
<http://www.nyssf.org>

Sexually Transmitted Disease Awareness Month

American Social Health Association
PO Box 13827
Research Triangle Park, NC 27709
(919) 361-8400
<http://www.ashastd.org>

Women's Eye Health and Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

April 2-4 Alcohol-Free Weekend

National Council on Alcoholism and Drug Dependence, Inc.
20 Exchange Place, Suite 2902
New York, NY 10005
(212) 269-7797
(800) NCA-CALL (24-hr. helpline)
<http://www.ncadd.org>

April 4-10 International Building Safety Week

International Code Council
5203 Leesburg Pike, Suite 600
Falls Church, VA 22041
(800) 284-4406
<http://www.intlcode.org>

April 5-11 National Public Health Week

American Public Health Association
800 I Street, NW
Washington, DC 20001-3170
(202) 777-2742
<http://www.apha.org>

April 7

World Health Day

American Association for World Health
1825 K Street, NW, Suite 1208
Washington, DC 20006
(202) 466-5883

<http://www.thebody.com/aawh/aawhpage.html>

World Health Organization
<http://www.who.org>

April 8

National Alcohol Screening Day

Screening for Mental Health, Inc.
One Washington Street
Suite 304
Wellesley Hills, MA 02481
(781) 239-0071
<http://www.mentalhealthscreening.org>

April 25-May 1

National Infant Immunization Week

CDC, National Immunization Program
1600 Clifton Road, NE
Mail Stop E05
Atlanta, GA 30333
(800) 232-2522
<http://www.cdc.gov/nip/>

April 11-17

National Minority Cancer Awareness Week

National Cancer Institute
Public Inquiries Office
6116 Executive Boulevard, MSC
8322, Suite 3036 A
Bethesda, MD 20892
(800) 4-CANCER (226237)
<http://cancernet.nci.nih.gov>

April 14

International Moment of Laughter Day

Wide Angle Humor
PO Box 962
Northampton, MA 01061
(413) 586-2634
<http://www.izzyg.com>

April 18-24

National Library Week

American Library Association
50 East Huron Street
Chicago, IL 60611
(800) 545-2433 ext. 2153
<http://www.ala.org>

APRIL (cont'd)

April 18-24

National Volunteer Week

The Points of Light Foundation
1400 I Street NW, Suite 800
Washington, DC 20005-2208
(202) 729-8000

<http://www.PointsofLight.org>

April 19-24

National TV-Turnoff Week

TV Turn-Off Network
1200 29th Street, NW
Lower Level #1
Washington, DC 20007
(202) 333-9220

<http://www.tvturnoff.org>

April 22

Earth Day

Earth Day Network
1616 P Street NW, Suite 200
Washington, D.C. 20036
(202) 518-0044

<http://www.earthday.net>

MAY

Asthma and Allergy Awareness Month

Allergy and Asthma Network
2751 Prosperity Avenue, Suite 150
Fairfax, VA 22031-4397
(800) 878-4403

<http://www.aanma.org>

Better Sleep Month

The Better Sleep Council
501 Wythe St.
Alexandria, VA 22314
(703) 683-8371

<http://www.bettersleep.org>

Clean Air Month

American Lung Association
Communications Department
1740 Broadway
New York, NY 10019-4374
(800) 586-4872

<http://www.lungusa.org>

Correct Posture Month

American Chiropractic Association
Communications Department
1701 Clarendon Boulevard
Arlington, VA 22209
(800) 986-4636

<http://www.amerchiro.org>

Hepatitis Awareness Month

Hepatitis Foundation International
504 Blick Drive
Silver Spring, MD 20904-2901
(800) 891-0707

<http://www.hepfi.org>

Healthy Vision Month

National Eye Institute
2020 Vision Place
Bethesda, MD 20892-3655
(301) 496-5248

<http://www.healthyvision2010.org/hvm2004/>

Huntington's Disease Awareness Month

Huntington's Disease Society of America
158 W. 29th Street, 7th Floor
New York, NY 10001-5300
(800) 345-4372

<http://www.hdsa.org>

National Arthritis Month

Arthritis Foundation
1330 W. Peachtree Street
Atlanta, GA 30309
(800) 283-7800

<http://www.arthritis.org>

National Bike Month

League of American Bicyclists
1612 K Street NW, Suite 401
Washington, DC 20006-2082
(202) 822-1333

<http://www.bikeleague.org>

National High Blood Pressure Education Month

National Heart, Lung, and Blood Institute Information Center
PO Box 30105
Bethesda, MD 20824-0105
(301) 592-8573

<http://www.nhlbi.nih.gov/>

National Melanoma/Skin Cancer Detection and Prevention Month

American Academy of Dermatology
930 East Woodfield Road
Schaumburg, IL 60173
(888) 462-DERM

<http://www.aad.org>

National Mental Health Month

National Mental Health Association
2001 N. Beauregard St., 14th Floor
Alexandria, VA 22311
(703) 684-7722, (800) 969-NMHA

<http://www.nmha.org>

National Osteoporosis Prevention Month

National Osteoporosis Foundation
1232 22nd St., NW
Washington, DC 20037
(202) 223-2226

<http://www.nof.org>

National Physical Fitness and Sports Month

President's Council on Physical Fitness and Sports

HHH Building, Room 738H
200 Independence Avenue SW
Washington, DC 20201
(202) 690-9000

<http://www.fitness.gov>

National Sight-Saving Month: Ultraviolet Awareness and Home Eye Safety

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020

<http://www.preventblindness.org>

National Stroke Awareness Month

National Stroke Association
9707 East Easter Ln.
Englewood, CO 80112-3747
(800) STROKES

<http://www.stroke.org>

-or-

American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231
(800) 242-8721

<http://www.americanheart.org>

-or-

contact your local American Heart Association office or call (800) 242-8721 or American Heart Association Stroke Connection Warm Line (800) 553-6321

National Teen Pregnancy Prevention Month

Advocates for Youth
2000 M Street NW, Suite 750
Washington, DC 20036
(202) 419-3420

<http://www.advocatesforyouth.org>

National Tuberos Sclerosis Awareness Month

Tuberous Sclerosis Alliance
801 Roeder Rd., Suite 750
Silver Spring, MD 20910
(800) 225-6872

<http://www.tsalliance.org/>

NWI 2004 National Health Observance Calendar

MAY (cont'd)

Older Americans Month

U.S. Dept. of Health and Human Services
Administration on Aging
1 Massachusetts Ave, NW
Washington, DC 20201
(202) 619-0724
<http://www.aoa.dhhs.gov>

Skin Cancer Awareness Month

American Cancer Society
1599 Clifton Road, N.E.
Atlanta, GA 30329
(800) ACS-2345
www.cancer.org

May 1-7

National Physical Education and Sports Week

National Association for Sport and Physical Education (American Alliance for Health, Physical Education, Recreation, and Dance)
1900 Association Drive
Reston, VA 20191
(703) 476-3410
<http://www.aahperd.org>

May 2-8

National SAFE KIDS Week

National SAFE KIDS Campaign
1301 Pennsylvania Ave, NW,
Suite 1000
Washington, DC 20004-1707
(202) 662-0600
<http://www.safekids.org>

May 6-12

National Nurses Week

American Nurses Association
600 Maryland Avenue SW, Suite 100
West
Washington, DC 20024
(202) 651-7000
<http://www.nursingworld.org>

May 2-8

North American Occupational Safety and Health Week

American Society of Safety Engineers
Canadian Society of Safety Engineering
1800 E. Oakton Street
Des Plaines, IL 60018
<http://www.asse.org>

May 5

PROJECT ACES DAY

(All Children Exercise Simultaneously)
Youth Fitness Coalition, Inc.
PO Box 6452-Dept. FS
Jersey City, NJ 07306-0452
<http://www.projectaces.com>

May 5

National Prevent Teen Pregnancy Day

The National Campaign to Prevent Teen Pregnancy
1776 Mass. Ave, NW, Suite 200
Washington, DC 20036
(202) 478-8500
<http://www.teenpregnancy.org>

May 12

School Nurse Day

National Association of School Nurses, Inc.
PO Box 1300
Scarborough, ME 04070-1300
(207) 883-2117
<http://www.nasn.org>

May 8

World Red Cross Day

American Red Cross, International Services
National Headquarters
431 18th Street, NW
Washington, DC 20006
(202) 303-4498
or contact your local chapter
<http://www.redcross.org>

May 9-15

Women's Health Week

Office on Women's Health
Department of Health and Human Services
200 Independence Avenue, SW
Room 730B
Washington, DC 20201
202-690-7650
<http://www.4woman.gov/owh>

May 9-15

National Hospital Week

American Hospital Association
1 N. Franklin
Chicago, IL 60606
(312) 422-3000
<http://www.aha.org>

May 10-16

Cover the Uninsured Week

Cover The Uninsured Week
1010 Wisconsin Ave, NW, Suite 800
Washington, DC 20007
(202) 572-2928
<http://www.covertheuninsuredweek.org>

May 23-29

Buckle Up America! Week

National Traffic Safety Administration
Office of Public and Consumer Affairs
400 Seventh Street SW
Washington, DC 20590
(202) 366-9550
<http://www.buckleupamerica.org>

May 19

National Employee Health and Fitness Day

National Association for Health and Fitness
401 W. Michigan St.
Indianapolis, IN 46202
(317) 955-0957
<http://www.physicalfitness.org>

May 26

National Senior Health and Fitness Day

Mature Market Resource Center
1850 W. Winchester Rd., Suite 213
Libertyville, IL 60048
(800) 828-8225
<http://www.fitnessday.com>

May 31

World No Tobacco Day

American Association for World Health
1825 K Street, NW, Suite 1208
Washington, DC 20006
(202) 466-5883
<http://www.aawhworldhealth.org>

JUNE

Cancer in the Sun Month

Pharmacist Planning Services, Inc.
101 Lucas Valley Road #210
San Rafael, CA 94903
(415) 479-8628
<http://www.ppsinc.org>

(June/July)

Fireworks Safety Months

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

JUNE (cont'd)

(June/July)

Light the Night for Sight

Prevent Blindness America
500 East Remington Road, Suite 200
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

National Safety Month

National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
(630) 285-1121
<http://www.nsc.org>

National Scleroderma Awareness Month

United Scleroderma Foundation, Inc.
12 Kent Way, Suite 101
Byfield, MA 01922
(800) 722-HOPE
<http://www.scleroderma.org>

June 1

Stand for Children Day

516 SE Morrison, Suite 206
Portland, OR 97214
(800) 663-4032
<http://www.stand.org>

June 6-12

National Headache Awareness Week

National Headache Foundation
820 N. Orleans, Suite 217
Chicago, IL 60610
(888) NHF-5552
<http://www.headaches.org>

June 14-20

National Men's Health Week

National Men's Health Network
PO Box 75972
Washington D.C. 20013
(202) 543-6461 x101
<http://www.menshealthweek.org>

JULY

(June/July)

Fireworks Safety Months

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

Hemochromatosis Screening Awareness Month

Hemochromatosis Research
Foundation
PO Box 8569
Albany, NY 12208
(518) 489-0972

(June/July)

Light the Night for Sight

Prevent Blindness America
500 East Remington Road, Suite 200
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

July 11-17

National Therapeutic Recreation Week

National Therapeutic Recreation
Society
Branch of the National Park and
Recreation Association
22377 Belmont Ridge Road
Ashburn, VA 20148
(703) 858-0784
<http://www.nrpa.org>

July 11-17

International Massage Week

Associated Bodywork and Massage
Professionals
1271 Sugarbush Dr.
Evergreen, CO 80439-9766
(800) 458-2267
<http://www.abmp.com>

AUGUST

Medic Alert Awareness Month

Medic Alert Foundation International
2323 Colorado Avenue
Turlock, CA 95382
(888) 633-4298
<http://www.medicalert.org>

August 1-7

World Breastfeeding Week

La Leche League International
1400 N. Meacham Road
Schaumburg, IL 60173-4808
(847) 519-7730
<http://www.la lecheleague.org/>

SEPTEMBER

Baby Safety Awareness Month

Juvenile Product Manufacturers
Association
17000 Commerce Parkway, Suite C
Mt. Laurel, NJ 08054
(856) 638-0420
<http://www.jpma.org>

Children's Eye Health and Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

Healthy Aging™ Month

Healthy Aging Campaign
Educational Television Network, Inc.
PO Box 442
Unionville, PA 19375
(610) 793-0979
<http://www.healthyaging.net>

Leukemia Society Month

Leukemia and Lymphoma Society of
America
1311 Mamaroneck Ave
White Plains, NY 10605
(914) 949-5213; (800) 955-4572
<http://www.leukemia.org>

National Alcohol and Drug Addiction Recovery Month

Substance Abuse and Mental Health
Services Administration (SAMHSA)
National Clearinghouse for Alcohol and
Drug Information
PO Box 2345
Rockville, MD 20847-2345
(800) 729-6686
<http://www.recoverymonth.gov>

National Cholesterol Education Awareness Month

National Heart, Lung, and Blood
Institute Information Center
PO Box 30105
Bethesda, MD 20824-0105
(301) 592-8573
<http://www.nhlbi.nih.gov/chd/>

National Sickle Cell Awareness Month

Sickle Cell Disease Association of
America, Inc.
200 Corporate Pointe, Suite 495
Culver City, CA 90230-8727
(800) 421-8453
<http://www.sicklecelldisease.org>

SEPTEMBER (cont'd)

Prostate Health Month

American Foundation for Urological Disease
Prostate Cancer Education Council
5299 DTC Blvd., Suite 345
Greenwood Village, CO 80111
(303) 316-4685
<http://www.pcaw.com>
<http://www.afud.org>

September 1-7

National Childhood Injury Prevention Week

The As Safe As Possible Campaign
PO Box 715
Richboro, PA 18954
(215) 364-1555
<http://www.assafeaspossible.org>

September 13-19

Prostate Cancer Awareness Week

American Foundation for Urological Disease
Prostate Cancer Education Council
5299 DTC Blvd., Suite 345
Greenwood Village, CO 80111
(303) 316-4685
<http://www.pcaw.com>
<http://www.afud.org>

September 19-25

5-a-Day for Better Health Week

National Cancer Institute
5-a-Day [fruits and vegetables] for Better Health Program
Executive Plaza North, Suite 330
6130 Executive Boulevard, MSC 7332
Bethesda, MD 20892-7332
(301) 496-8520
<http://5aday.nci.nih.gov>

September 19-25

National Farm Safety and Health Week

National Safety Council
1121 Spring Lake Road
Itasca, IL 60143-3201
(800) 621-7619
<http://www.nsc.org>

September 19-25

National Rehabilitation Week

National Rehabilitation Awareness Foundation
PO Box 71
Scranton, PA 18501
(570) 341-4637
<http://www.nraf-rehabnet.org>

September 22

Backpack Awareness Day

The American Occupational Therapy Association
PO Box 31220
Bethesda, MD 20824-1220
(301) 652-2682
<http://www.aota.org>

September 24

Family Health and Fitness Day USA

Health Information Resource Center
1850 W. Winchester Rd., Suite 213
Libertyville, IL 60048
(800) 828-8225; (847) 816-8660
<http://www.fitnessday.com>

September 29

Women's Health & Fitness Day

Health Information Resource Center
1850 W. Winchester Rd., Suite 213
Libertyville, IL 60048
(800) 828-8225; (847) 816-8660
<http://www.fitnessday.com>

OCTOBER

American Heart Walk

Dates vary depending on your location.
Contact your local American Heart Association or call (800) AHA-USA1 (800-242-8721)
-or-
American Heart Association
National Center
7272 Greenville Avenue
Dallas, TX 75231-4596
(214) 373-6300
<http://www.americanheart.org>

Auto Battery Safety Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

Domestic Violence Awareness Month

National Coalition Against Domestic Violence
PO Box 18749
Denver, CO 80218-0749
(303) 839-1852
<http://www.ncadv.org>

Health Literacy Month

Health Literacy Consulting
31 Highland Street, Suite 201
Natick, MA 01760
(508) 653-1199
<http://www.healthliteracy.com>

Healthy Babies Month

March of Dimes Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, NY 10605
(888) 663-4637
<http://www.modimes.org>

Healthy Lung Month

American Lung Association
61 Broadway, 6th Floor
New York, NY 10006
(212) 315-8700
<http://www.lungusa.org>
Contact your local Lung Association or
(800) LUNGUSA

Lupus Awareness Month

Lupus Foundation of America
2000 L Street, N.W., Suite 270
Washington, DC 20036
(800) 558-0121
<http://www.lupus.org>

National AIDS Awareness Month

Pharmacist Planning Service, Inc.
101 Lucas Valley Road #210
San Rafael, CA 94903
(415) 479-8628
<http://www.ppsinc.org>

National Breast Cancer Awareness Month

<http://www.nbcam.com>
American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
(800) ACS-2345; (404) 320-3333
<http://www.cancer.org>
-or-
The Susan G. Komen Breast Cancer Foundation at (800) IM AWARE.
<http://www.komen.org>
-or-
National Cancer Institute's Cancer Information Service
(800) 4-CANCER
<http://cancernet.nci.nih.gov>

OCTOBER (cont'd)

National Crime Prevention Month

National Exchange Club
3050 Central Avenue
Toledo, OH 43606-1700
(800) 924-2643
<http://www.nationalexchangeclub.com>

National Dental Hygiene Month

American Dental Hygienists
Association
444 N. Michigan Avenue, Suite 3400
Chicago, IL 60611
(312) 440-8900
<http://www.adha.org>

National Depression and Mental Health Month

Pharmacist Planning Services, Inc.
101 Lucas Valley Road #210
San Rafael, CA 94903
(415) 479-8628
<http://www.ppsinc.org>

National Disability Employment Awareness Month

Frances Perkins Building
200 Constitution Avenue, NW
Washington, DC 20210
(202) 693-7880
<http://www.dol.gov/dol/odep/>

National Family Sexuality Education Month

Planned Parenthood Federation of
America
434 West 3rd St.
New York, NY 10001
(212) 541-7800
<http://www.ppfa.org/ppfa>

National Liver Awareness Month

American Liver Foundation
75 Maiden Lane, Suite 603
New York, NY 10038
(800) 465-4837
<http://www.liverfoundation.org>

National Physical Therapy Month

American Physical Therapy Association
1111 N. Fairfax Street
Alexandria, VA 22314
(800) 999-2782
<http://www.apta.org>

National Spina Bifida Month

Spina Bifida Association of America
4590 MacArthur Boulevard NW, Suite
250
Washington, DC 20007-4226
(800) 621-3141
<http://www.sbaa.org>

National Spinal Health Month

American Chiropractic Association
Communications Department
1701 Clarendon Boulevard
Arlington, VA 22209
(800) 986-4636
<http://www.amerchiro.org>

National Sudden Infant Death Syndrome Awareness Month

SIDS Alliance
1314 Bedford Avenue, Suite 210
Baltimore, MD 21208
(800) 221-7437
<http://www.sidsalliance.org>

National UNICEF Month: Trick-or-Treat for UNICEF.

National Office of the US Fund for
UNICEF
333 East 38th Street
New York, NY 10016
(800) FOR-KIDS
<http://www.unicefusa.org>

National Work and Family Month

National Work-Life Initiative
<http://www.theprogressfund.org>
c/o Alliance for Work-Life Progress
515 King Street, Suite 420
Alexandria, VA 22314
(800) 874-9383
<http://www.awlp.org>

Talk About Prescriptions Month

National Council on Patient Information
and Education
4915 Saint Elmo Ave., Suite 505
Bethesda, MD 20814-6082
(301) 656-8565
<http://www.talkaboutrx.org>

Alzheimer's Association Memory Walk

Dates vary depending on your location. Contact your local Alzheimer's Association
-or-
Alzheimer's Association
225 N. Michigan Avenue, Suite 1700
Chicago, IL 60601-7633
(800) 272-3900
<http://www.alz.org>

October 3-9

National Mental Illness Awareness Week

American Psychiatric Association
1000 Wilson Blvd., Suite 1825
Arlington, VA 22209-3901
(703) 907-7300
<http://www.psych.org>

October 3-9

National Fire Prevention Week

National Fire Protection Association
1 Batterymarch Park; PO Box 9101
Quincy, MA 02169-7471
(800) 344-3555
<http://www.nfpa.org>

October 4

Child Health Day

U.S. Dept. of Health and Human
Services
Health Resources and Services Admin.
Maternal and Child Health Bureau
Parklawn Building, Room 18-05
5600 Fishers Lane
Rockville, MD 20857
(301) 443-2170
<http://mchb.hrsa.gov>

October 8

World Mental Health Day

World Federation for Mental Health
PO Box 16810
Alexandria, VA 22302-0810
(703) 838-7525
<http://www.wfmh.com>

October 9

National Depression Screening Day

Screening for Mental Health, Inc.
1 Washington Street, Suite 304
Wellesley Hills, MA 02481
(781) 239-0071
<http://www.mentalhealthscreening.org>

October 10

Put the Brakes on Fatalities Day

National Society of Professional
Engineers
1420 King Street
Alexandria, VA 22314
<http://www.brakesonfatalities.org>

OCTOBER (cont'd)

October 10-16 National Adult Immunization Awareness Week

National Coalition for Adult
Immunization
4733 Bethesda Avenue, Suite 750
Bethesda, MD 20814-5228
(301) 656-0003
<http://www.nfid.org/ncai/>

**October 11-15
National School Lunch Week**
American School Food Service
Association
700 South Washington Street, Suite
300
Alexandria, VA 22314
(703) 739-3900
<http://www.asfsa.org>

**October 16
World Food Day**
National Committee for World Food
Day
2175 K Street NW
Washington, DC 20437-0002
(202) 653-2404
<http://www.worldfooddayusa.org>

**October 15
National Mammography Day**
<http://www.nbcam.com>
American Cancer Society
1599 Clifton Road NE
Atlanta, GA 30329
(800) ACS-2345
<http://www.cancer.org>
-or-
The Susan G. Komen Breast Cancer
Foundation
(800) 462-9273;
<http://www.komen.org>
-or-
National Alliance of Breast Cancer
Organizations
(888) 80-NABCO
<http://www.nabco.org>

**October 17-23
National Respiratory Care Week**
American Association for Respiratory
Care
11030 Ables Lane
Dallas, TX 75229-4593
(972) 243-2272
<http://www.aarc.org>

**October 17-23
National Collegiate Alcohol
Awareness Week (NCAAW)**
BACCHUS and GAMMA Peer
Education Network/Inter-Association
Task Force on Alcohol and Other
Drugs
PO Box 100430
Denver, CO 80250-0430
(303) 871-0901
<http://www.bacchusgamma.org>

**October 17-23
National Pharmacy Week**
American Pharmaceutical Association
2215 Constitution Avenue, NW
Washington, DC 20037-2985
(202) 628-44410
<http://www.aphanet.org>

**October 17-23
National Healthcare Quality Week**
National Association for Healthcare
Quality
4700 W. Lake Avenue
Glenview, IL 60025
(800) 966-9392
<http://www.nahq.org/>

**October 18-24
National Health Education Week**
(K-6 School Programming)
National Center for Health Education
375 Hudson St.
New York, NY 10014
(212) 463-4050
<http://www.nche.org>

**October 23-31
National Red Ribbon Celebration
(Campaign to keep kids off drugs)**
National Family Partnership
Informed Family Education Center
2490 Coral Way
Miami, FL 33145
(800) 705-8997
<http://www.nfp.org>

**October 23
Make a Difference Day**
(celebrating people helping people)
The Points of Light Foundation
1400 I Street NW, Suite 800
Washington, DC 20005
(800) 750-7653
<http://www.makeadifferenceday.com>

NOVEMBER

American Diabetes Month
American Diabetes Association
Public Relations
1701 N. Beauregard St.
Alexandria, VA 22311
(800) 342-2383
<http://www.diabetes.org>

Diabetic Eye Disease Month
Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

**National Child Mental Health
Month**
c/o New York University Child Study
Center
550 1st Ave.
New York, NY 10016
(212) 263-6622
<http://www.aboutkids.org>

**National Alzheimer's Disease
Awareness Month**
Alzheimer's Disease and Related
Disorders Association
225 North Michigan Avenue, Suite
1700
Chicago, IL 60611
(800) 272-3900
<http://www.alz.org>

**National Epilepsy Awareness
Month**
Epilepsy Foundation of America
Public Health Education
4351 Garden City Drive, Suite 500
Landover, MD 20785
(800) 332-1000
<http://www.efa.org>

National Family Caregivers Month
National Family Caregivers Association
10400 Connecticut Avenue, #500
Kensington, MD 20895-3944
(800) 896-3650
<http://www.nfcacares.org>

National Home Care Month
National Association for Home Care
228 7th Street SE
Washington, DC 20003-4306
(202) 547-7424
<http://www.nahc.org>

NOVEMBER (cont'd)

National Hospice Month

National Hospice and Palliative Care Organization
1700 Diaganol Rd. Suite 625
Alexandria, VA 22314
(703) 837-1500
Hospice Healthline (800) 658-8898
<http://www.nhpc.org>

November 8-14

Random Acts of Kindness Week

Random Acts of Kindness Foundation
1724 Tremont Place
Denver, CO 80202
(800) 660-2811
<http://www.actsofkindness.org>

November 14-20

American Education Week

National Education Association
1201 Sixteenth Street NW
Washington, DC, 20036
(202) 833-4000
<http://www.nea.org>

November 18

Great American Smokeout

American Cancer Society
National Headquarters
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333; Local Chapter (800)
ACS-2345
<http://www.cancer.org>

November 21-27

National Family Week

Alliance for Children and Families
11700 W. Lake Park Drive
Milwaukee, WI 53224
(800) 221-3726
<http://www.nationalfamilyweek.org>

November 25-January 1

Tie One On For Safety Campaign

Attach a red ribbon to your car, and
drive safe and sober.
Mothers Against Drunk Driving (MADD)
511 E. John Carpenter Frwy, Suite 700
Irving, TX 75062
(800) 438-6233
<http://www.madd.org>

DECEMBER

National Drunk and Drugged Driving Prevention (3D) Month

National Commission Against Drunk
Driving
8403 Colesville Rd, Suite 370
Silver Spring, MD 20910
(240) 247-6004
<http://www.ncadd.com>

-or-

National Highway Traffic Safety
Administration
Office of Public and Consumer Affairs
400 Seventh Street SW
Washington, DC 20590
(202) 366-6978
<http://www.nhtsa.dot.gov>

Safe Toys and Gifts Month

Prevent Blindness America
500 East Remington Road
Schaumburg, IL 60173-5611
(800) 331-2020
<http://www.preventblindness.org>

December 1

World AIDS Day

American Association for World Health
1825 K Street, NW, Suite 1208
Washington, DC 20006
(202) 466-5883
<http://www.thebody.com/aawh/aawhpage.html>

December 5-11

National Aplastic Anemia Week

Aplastic Anemia and MDS
International, Inc.
PO Box 613
Annapolis, MD 21404
(800) 747-2820
<http://www.aamds.org>



National Wellness Institute

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