



JANUARY 2023

Thyroid Awareness Month

More than 12% of the U.S. population will develop a thyroid condition during their lifetime, according to the American Thyroid Association. Your thyroid has an important job within your body. It's in charge of releasing and controlling hormones that regulate your metabolism, growth and many other vital bodily functions.

January is Thyroid Awareness Month. Due to its prevalence, it's important to learn about the prevention and treatments of thyroid-related diseases and thyroid cancer.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cervical Health Awareness Month National Birth Defects Prevention Month National Glaucoma Awareness Month National Radon Action Month Thyroid Awareness Month						
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22 Chinese New Year	23	24	25	26	27	28
29	30	31				

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FEBRUARY 2023

American Heart Month

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States, responsible for every 1 out of 5 deaths. Cardiovascular disease and the conditions that lead to it can happen at any age. Some types of heart disease include arrhythmia, heart failure, heart attack and stroke.

February is American Heart Month, a time when you can check in on your cardiovascular health. While heart disease can be deadly for adults, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity, an unhealthy diet and physical inactivity.

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

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MARCH 2023

National Nutrition Month

The latest dietary guidelines for Americans emphasize balance; it's not all or nothing. As such, eating right doesn't need to be complicated. Healthy eating starts with nutritional food choices, which include plenty of fruits, vegetables, whole grains, protein and dairy. A balanced diet also leaves room for personal preferences.

March is National Nutrition Month. This is a good time to assess your eating habits while educating yourself about the best ways to fuel your body. It comes down to making informed food choices and developing healthy eating and physical activity habits that are sustainable.

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

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APRIL 2023

National Autism Awareness Month

Autism spectrum disorder (ASD)—or autism—is a broad term used to describe a group of neurodevelopmental conditions typically characterized by differences in communication and social interaction.

April is National Autism Awareness Month, as ASD is the fastest-growing developmental disorder in the United States. According to the Centers for Disease Control and Prevention, 1 in 44 children this condition. Autism is usually diagnosed in early childhood, and it's a lifelong condition. Yet early intervention can optimize children's ability to learn, engage with others and develop independence.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Alcohol Awareness Month Irritable Bowel Syndrome Awareness Month National Autism Awareness Month National Child Abuse Prevention Month National Distracted Driving Awareness Month		National Donate Life Month National Facial Protection Month National Minority Health Month Occupational Therapy Month Oral Cancer Awareness Month		Sexual Assault Awareness and Prevention Month Sexual Assault Awareness Month of Action Sports Eye Safety Awareness Month Sexually Transmitted Diseases Awareness Month Testicular Cancer Awareness Month		
						1 April Fools' Day
2	3	4	5	6	7 Good Friday	8
9 Easter	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 2023

Mental Health Awareness Month

Mental illnesses are some of the most common health conditions in the United States. In fact, The Centers for Disease Control and Prevention estimates that more than 50% of the population will be diagnosed with a mental illness at some point. Your mental health can change over time due to various factors.

May is Mental Health Awareness Month, so check in on yourself and others. Along with increased transparency and empathy around mental health, new resources, such as the National Suicide Prevention Lifeline (Lifeline), are also available. 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. You can also call the Lifeline if you're worried about a loved one who may need emergency support.

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

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JUNE 2023

Alzheimer's and Brain Awareness Month

Your brain is a vital organ; it manages your ability to communicate, make decisions and live a full, independent life. Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks.

June is Alzheimer's and Brain Awareness Month. It's important to understand that Alzheimer's is a brain disease—it's not a normal part of aging. There is currently no cure for Alzheimer's. Still, you can support brain health through lifestyle habits, such as exercising regularly, sleeping enough, eating a healthy diet and challenging your mind through learning.

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

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JULY 2023

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 a sun protective factor (SPF) of at least 30.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cord Blood Awareness Month International Group B Strep Awareness Month Juvenile Arthritis Awareness Month National Cleft and Craniofacial Awareness and Prevention Month						
						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 2023

National Immunization Awareness Month

The Adult Vaccine Access Coalition reported that the United States spends \$26.5 billion annually treating four vaccine-preventable diseases in adults age 50 years and older: influenza (flu), pneumococcal disease, pertussis (whooping cough) and shingles.

August is National Immunization Awareness Month. Vaccines help save countless lives each year, so this is a great time to learn more about the positive impact of vaccines and double check that you're up to date on all recommended vaccines. Delaying critical vaccinations can lead to serious health risks, which is why there are recommended immunization schedules.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children's Eye Health and Safety Month Gastroparesis Awareness Month National Breastfeeding Month National Immunization Awareness Month Psoriasis Awareness Month						
		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 2023

National Food Safety Education Month

An estimated 1 in 6 Americans gets a foodborne illness every year, according to the Centers for Disease Control and Prevention. There are ways to help prevent you and others from getting sick from food. It starts with focusing on simple food poisoning prevention steps.

September is National Food Safety Education Month. This is a great time to focus on food illness prevention measures, such as avoiding cross-contamination of meats and vegetables. It's most important to keep these foods separate before cooking.

Reach out to us for more wellness resources.

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

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OCTOBER 2023

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. Your health care provider may provide 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, as health literacy can help people obtain appropriate medical and behavioral health. Those with low health literacy may not receive equal 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 and having further conversations with your provider.

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

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

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NOVEMBER 2023

American Diabetes Month

Over 34 million U.S. adults are impacted by some form of diabetes, according to the Centers for Disease Control and Prevention. Diabetes comes in two forms: Type 1 and Type 2. While Type 2 diabetes is more common, both can be deadly because they affect the body's insulin production.

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.

Reach out to us for wellness resources that can help you achieve your health goals and maintain your overall well-being.

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

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DECEMBER 2023

National Safe Toys and Gifts Month

As the holidays approach, it's time to gather with loved ones to share food and gifts. Sometimes well-intentioned gifts can come with unforeseeable risks. It's important to be aware of toys that may harm those you're giving them to.

December is National Safe Toys and Gifts Month. With the holidays right around the corner, now is the time to think about a gift before you give it. 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.

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

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

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