



2022 National Holiday & Health Observance Calendar

January

- **Family Fit Lifestyle Month**
- **Healthy Weight Week** (third full week of January)

February

- [American Heart Month](#)
- [National Cancer Prevention Month](#)
- [National Canned Food Month](#)
- [National Snack Food Month](#)
- [America Saves Week](#) (Feb. 21-25)
- [National Wear Red Day](#) (Feb. 4)
- [World Cancer Day](#) (Feb. 4)

March

- [National Colorectal Cancer Awareness Month](#)
- [National Kidney Month](#)
- [National Nutrition Month](#)
- [National Frozen Food Month](#)
- [Workplace Eye Wellness Month](#)
- [Salt Awareness Week](#)
- [Sleep Awareness Week](#)
- [World Kidney Day](#) (March 10)
- [World Sleep Day](#) (March 18)
- [American Diabetes Alert Day](#) (March 22)

April

- [National Minority Health Month](#)
- [National Garden Month](#)
- [National Cancer Control Month](#)
- [Occupational Therapy Month](#)
- [Stress Awareness Month](#)
- [Sports Eye Safety Awareness Month](#)
- [Women's Eye Health and Safety Month](#)
- [National Public Health Week](#) (April 4-10)
- [World Immunization Week](#)

- [World Health Day](#) (April 7)
- [Earth Day](#) (April 22)

May

- [Asian American & Pacific Islander Heritage Month](#)
- [Arthritis Awareness Month](#)
- [Better Sleep Month](#)
- [Food Allergy Awareness Month](#)
- [Global Employee Health and Fitness Month](#)
- [Healthy Vision Month](#)
- [High Blood Pressure Education Month](#)
- [International Mediterranean Diet Month](#)
- [Mental Health Awareness Month](#)
- [National Osteoporosis Month](#)
- [National Physical Fitness and Sports Month](#)
- [National Salad Month](#)
- [National Stroke Awareness Month](#)
- [Skin Cancer Awareness Month](#)
- [Food Allergy Awareness Week](#)
- [Screen-Free Week](#) (May 2-8)
- [National Women's Health Week](#)
- [International No Diet Day](#) (May 6)
- [Don't Fry Day](#) (May 27)
- [Brown-Bag-It Day](#) (May 25)
- [National Senior Health & Fitness Day](#)[®]
- [Heat Safety Awareness Day](#) (May 31)
- [World No Tobacco Day](#) (May 31)

June

- [Alzheimer's & Brain Awareness Month](#)
- [Great Outdoors Month](#)
- [Men's Health Month](#)
- [National Fresh Fruit and Vegetable Month](#)
- [National Safety Month](#)
- [Men's Health Week](#) (June 13-19)
- [Wear BLUE Day](#) (June 17)
- [National Garden Week](#) (June 5-11)
- [World Bicycle Day](#) (June 3)
- [National Herbs & Spices Day](#) (June 10)
- [National Get Outdoors Day](#) (June 11)
- [Family Health & Fitness Day USA](#)[®] (June 11)
- [National Eat Your Vegetables Day](#) (June 17)
- [International Day of Yoga](#) (June 21)
- [National Smoothie Day](#) (June 21)
- [National Hydration Day](#) (June 23)
- [National Work from Home Day](#) (June 24)

July

- [Park and Recreation Month](#)
- [UV Safety Month](#)

August

- [National Eye Exam Month](#)
- [National Immunization Awareness Month](#)
- [National Farmers Market Week](#) (Aug. 7-13)
- [National Financial Awareness Day](#) (Aug. 14)
- [National Relaxation Day](#) (Aug. 15)

September

- [Better Breakfast Month](#)
- [Family Meals Month](#)
- [Healthy Aging Month](#)
- [National Cholesterol Education Month](#)
- [National Food Safety Education Month](#)
- [National Fruits & Veggies Month](#)
- [National Suicide Prevention Month](#)
- [National Yoga Month](#)
- [Whole Grains Month](#)
- [National Suicide Prevention Week](#) (Sept. 4-10)
- [World Suicide Prevention Day](#) (Sept. 10)
- [National Women's Health & Fitness Day](#) (Sept. 28)
- [World Heart Day](#) (Sept. 29)
- [Better Breakfast Day](#) (Sept. 26)

October

- [Eat Better, Eat Together Month](#)
- [National Breast Cancer Awareness Month](#)
- [National Dental Hygiene Month](#)
- [National Physical Therapy Month](#)
- [Mental Illness Awareness Week](#)
- [Bone and Joint Health Action Week](#) (Oct. 12-20)
- [National Health Education Week](#)
- [National Depression Screening Day](#)
- [Global Handwashing Day](#) (Oct. 15)
- [World Food Day](#) (Oct. 16)

November

- [American Diabetes Month](#)
- [Lung Cancer Awareness Month](#)
- [National Alzheimer's Awareness Month](#)
- [Great American Smokeout](#) (Nov. 17)
- [World Diabetes Day](#) (Nov. 14)
- [National Clean Out Your Refrigerator Day](#) (Nov. 15)
- [National Take a Hike Day](#) (Nov. 17)

- [National Family Health History Day](#) (Nov. 25)

December

- [National Influenza Vaccination Week](#)
- [National Handwashing Awareness Week](#) (first week of December)