

“Envisioning the Future Exceptionally”

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2020 Suggested Health and Wellness Observances

Adapted from the Rising Sun Usher Federation of Northwest Mississippi

JANUARY 2020

- † National Volunteer Blood Donor Month
- † *National Birth Defects Prevention (NBDP) Month*

FEBRUARY 2020

- † American Heart Association American Heart Month
- † Go Red Day (Feb. 7)
- † **National Black HIV/AIDS Awareness Sunday (Feb. 2)**
- † **NBCUSA H.O.P.E. Wear Red Sunday (Feb. 9) (AoU)**

MARCH 2020

- † **NBCUSA H.O.P.E./American Kidney Fund Kidney Sunday (Mar. 1)**
- † World Kidney Day (Mar. 8)
- † National Women and Girls HIV/AIDS Awareness Day (Mar. 10)
- † **Taste Test Sunday (Mar. 15)**
- † American Diabetes Association Diabetes Alert Day (Mar. 24)
- † *National Nutrition Month* ®

APRIL 2020

- † Minority Health Month (AoU)
- † World Health Day (Apr. 7)
- † *Alcohol Awareness Month*

MAY 2020

- † American Stroke Association American Stroke Month
- † National Mental Health Month
- † **National Women's Health Week May 10-16**

- † **NBCUSA H.O.P.E. Mother's Day Bells for Remembrance Breast Health Awareness (Sunday, May 10)**

- † Power (to End Stroke) Sunday (May 17)

JUNE 2020

- † National Cancer Survivor's Day ® (June 7)
- † **NBCUSA H.O.P.E. Summer of Health and Wellness Vacation Bible School/Summer Camp (June and July)**
- † Fireworks Safety Month (through July 4)
- † Men's Health Month
- † *Cataract Awareness Month*

JULY 2020

- † **NBCUSA H.O.P.E. Summer of Health and Wellness Vacation Bible School/Summer Camp (June and July)**
- † Fireworks Safety Month (through July 4).
- † Minority Mental Health Month

AUGUST 2020

- † National Minority Donor Awareness Day (Aug. 1) (AoU)
- † National Immunization Awareness Month
- † National Breastfeeding Month
- † *National Periodontal Health Month*

SEPTEMBER 2020

- † National Childhood Obesity Awareness Month
- † Sickle Cell Disease Awareness Month (AoU)
- † *Prostate Cancer Awareness Month*
- † **NBCUSA H.O.P.E. Senior Recognition Sunday (Sept. 13)**
- † **NBCUSA H.O.P.E. Let's Move Weekend (Sept. 11-13)**
- † **NBCUSA H.O.P.E. Sickle Sabbath Sunday (Sept. 20)**

- † **National HIV/AIDS and Aging Awareness Day (Sep. 18) (AoU)**

OCTOBER 2020

- † National Church Safety and Security Month
- † National Breast Cancer Awareness Month
- † *Domestic Violence Awareness Month*

NOVEMBER 2020

- † Diabetes Awareness Month/Diabetes ID (I Decide) Day (Nov. 8)
- † Pancreatic Cancer Awareness Month
- † National Alzheimer's Disease Awareness Month and National Caregiver Month
- † Pancreatic Cancer Purple Light Sunday (Nov. 15)
- † American Cancer Society Great American Smoke Out (Nov. 19)

DECEMBER 2020

- † World AIDS Day (Dec. 1)
- † National Drunk & Drugged Driving (3D) Prevention Month
- † National Influenza Vaccination Week (Dec. 6-12)

Key:

Bold – NBCUSA H.O.P.E. sponsored events

Italicized – part of 5-year rotation

AoU – All of Us Research Program emphasis activity

For more information or to volunteer to be an observance co-chair, e-mail info@hopenbc.com.