

# wellness activity planner 2015

Provided by the American Institute for Preventive Medicine

For information about products and services that tie into the monthly health observances in this planner, [click here](#).



The American Institute for Preventive Medicine has developed this calendar/planner to

help you plan your 2015 wellness events. The Institute is one of the first 5 companies to receive URAC Accreditation for Comprehensive Wellness.

Many health promotion and benefits professionals like to hold wellness activities based on national health observances. This can increase employee/member interest and participation. Please contact us to learn about products that can be used to reinforce national health observances. Some of them are listed at the bottom of each page.



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National health observances are listed each month along with previews of future events to help you plan.

Please feel free to forward the American Institute for Preventive Medicine Wellness Activity Planner to anyone who may find it beneficial.

# january 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
<i>National Folic Acid Awareness Week (January 4-10)</i>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
<i>Healthy Weight Week (January 19-23)</i>						
25	26	27	28	29	30	31
<i>National Certified Nurse Anesthetists Week (January 25-31)</i>						

### This Month's Events

Cervical Health Awareness Month  
 National Birth Defects Prevention Month  
 National Blood Donor Month  
 National Glaucoma Awareness Month  
 Thyroid Awareness Month

### Events Next Month (February)

AMD/Low Vision Awareness Month  
 American Heart Month  
 National Cancer Prevention Month  
 National Children's Dental Health Month  
 National Condom Month  
 Wise Health Consumer Month

### Events in 2 Months (March)

American Red Cross Month  
 Brain Injury Awareness Month  
 National Colorectal Awareness Month  
 National Developmental Disabilities Awareness Month  
 National Kidney Month  
 National Nutrition Month  
 National Poison Prevention Month  
 Save Your Vision Month  
 Workplace Eye Health and Safety Month

### AIPM Products of Interest for February

[Wellness on a Shoestring™](#)  
[Heart Health Permafold®](#)  
[HealthyLife® Posters & QuickTakes](#)  
[Wise Health Consumer Tracker](#)  
[Self Care Guides](#)  
[Cardiac CareKit®](#)



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# february 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 <i>World Cancer Day</i>	5	6 <i>National Wear Red Day</i>	7
8	9	10	11	12	13	14 <i>National Donor Day</i>
<i>National Cardiac Rehabilitation Week (February 9-15)</i>						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
<i>National Eating Disorders Awareness Week (February 23-March 1)</i>						

### This Month's Events

- AMD/Low Vision Awareness Month
- American Heart Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- National Condom Month
- Wise Health Consumer Month

### Events Next Month (March)

- American Red Cross Month
- Brain Injury Awareness Month
- National Colorectal Awareness Month
- National Developmental Disabilities Awareness Month
- National Kidney Month
- National Nutrition Month
- National Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health and Safety Month

### Events in 2 Months (April)

- National Alcohol Awareness Month
- National Autism Awareness Month
- National Cancer Control Month
- National Humor Month
- National Minority Health & Health Disparities Month
- National STDs/Family Planning Awareness Month
- National Youth Sports Safety Month
- Sexual Assault Awareness Month
- Stress Awareness Month

### AIPM Products of Interest for March

- [Healthy Eating Permafold®](#)
- [Alcohol and Drugs Permafold®](#)
- [Women's Self-Care Guide](#)
- [ER Do's & Dont's/First Aid WiseGuide](#)
- [HealthyLife® Newsletter](#)
- [Eating & Exercise Tracker](#)



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# march2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<i>National Sleep Awareness Week (March 2-8)</i>					
8	9	10	11	12	13	14
<i>Patient Safety Awareness Week (March 8-14)</i> <i>National Pulmonary Rehabilitation Week (March 8-14)</i>						
15	16	17	18	19	20	21
<i>National Poison Prevention Week (March 15-21)</i> <i>Kick Butts Day</i>						
22	23	24	25	26	27	28
<i>American Diabetes Alert Day</i>						
29	30	31				

### This Month's Events

- American Red Cross Month
- Brain Injury Awareness Month
- National Colorectal Awareness Month
- National Developmental Disabilities Awareness Month
- National Kidney Month
- National Nutrition Month
- National Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health and Safety Month

### Events Next Month (April)

- National Alcohol Awareness Month
- National Autism Awareness Month
- National Cancer Control Month
- National Humor Month
- National Minority Health & Health Disparities Month
- National STDs/Family Planning Awareness Month
- National Youth Sports Safety Month
- Sexual Assault Awareness Month
- Stress Awareness Month

### Events in 2 Months (May)

- Asthma & Allergy Awareness Month
- Better Sleep Month
- Healthy Vision Month/UV Safety Month
- Hepatitis Awareness Month
- National Arthritis Month
- National High Blood Pressure Education Month
- National Melanoma/Skin Cancer Awareness Month
- National Mental Health Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month

### AIPM Products of Interest for April

- [Asthma Permafold®](#)
- [Arthritis Permafold®](#)
- [Wealthier by the Dozen Posters & QuickTakes](#)
- [Stress CareKit®](#)



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# april 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <i>Alcohol Free Weekend</i>
5  <i>National Volunteer Week (April 6-12)</i>	6  <i>National Public Health Week (April 6-12)</i>	7  <i>World Health Day</i>	8	9  <i>National Alcohol Screening Day</i>	10	11
12	13	14  <i>International Moment of Laughter Day</i>	15	16	17	18
19	20  <i>Medical Fitness Week (April 20-26)</i>	21	22	23	24	25
26  <i>National Infant Immunization Week (April 26-May 3)</i>	27	28	29	30		

## This Month's Events

- National Alcohol Awareness Month
- National Autism Awareness Month
- National Cancer Control Month
- National Humor Month
- National Minority Health & Health Disparities Month
- National STDs/Family Planning Awareness Month
- National Youth Sports Safety Month
- Sexual Assault Awareness Month
- Stress Awareness Month

## Events Next Month (May)

- Asthma & Allergy Awareness Month
- Better Sleep Month
- Healthy Vision Month/UV Safety Month
- Hepatitis Awareness Month
- National Arthritis Month
- National High Blood Pressure Education Month
- National Melanoma/Skin Cancer Awareness Month
- National Mental Health Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month

## Events in 2 Months (June)

- Fireworks Safety Months (June/July)
- National Great Outdoors Month
- National Safety Month
- National Scleroderma Awareness Month

## AIPM Products of Interest for May

- [Preventing Cancer Permafold®](#)
- [First Aid CareKit®](#)
- [Men's Permafold®](#)
- [Fitness Permafold®](#)
- [WalkWell™ Tracker](#)
- [SleepWell® CD's](#)



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# may 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
			<i>National Physical Education &amp; Sports Week (May 1-7)</i>			
3	4	5 <i>Hand Hygiene Day</i>	6 <i>Project ACES Day</i>	7	8	9
	<i>National Nurses Week (May 6-11)</i>		<i>North American Occupational Safety &amp; Health Week (May 3-9)</i>			
10	11	12	13	14	15	16
<i>National Nursing Home Week (May 10-15)</i>		<i>Women's Health Week (May 10-16)</i>		<i>Bike to Work Week (May 11-15)</i>		
17	18	19	20 <i>Employee Health &amp; Fitness Day</i>	21	22	23
24	25	26	27 <i>National Senior Health &amp; Fitness Day</i>	28	29	30
31	<i>National Hurricane Preparedness Week (May 25-31)</i>					

## This Month's Events

- Asthma & Allergy Awareness Month
- Better Sleep Month
- Healthy Vision Month/UV Safety Month
- Hepatitis Awareness Month
- National Arthritis Month
- National High Blood Pressure Education Month
- National Melanoma/Skin Cancer Awareness Month
- National Mental Health Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month

## Events Next Month (June)

- Fireworks Safety Months (June/July)
- National Great Outdoors Month
- National Safety Month
- National Scleroderma Awareness Month

## Events in 2 Months (July)

- Fireworks Safety Months (June/July)
- Eye Injury Prevention Month
- Juvenile Arthritis Awareness Month
- UV Safety Month

## AIPM Products of Interest for June

- [Health Screening Magnet](#)
- [Women's Health Permafold®](#)
- [Headache Permafold®](#)
- [Men's Manual](#)
- [2013 Wall Calendar](#)
- [Be Well Cards](#)
- [101 Ways to Well-being](#)
- [Home Safe Home](#)



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# june2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Stand for Children Day</i>	2	3	4	5	6 <i>National Trails Day</i>
<i>National Headache Awareness Week (June 1-7)</i>						
7 <i>National Cancer Survivors Day</i>	8	9	10	11	12	13
14 <i>World Blood Donor Day</i>	15	16	17	18	19	20
<i>National Men's Health Week (June 15-21)</i>						
21	22	23	24	25	26	27 <i>National HIV Testing Day</i>
28	29	30				

### This Month's Events

Fireworks Safety Months (June/July)  
National Great Outdoors Month  
National Safety Month  
National Scleroderma Awareness Month

### Events Next Month (July)

Fireworks Safety Months (June/July)  
Eye Injury Prevention Month  
Juvenile Arthritis Awareness Month  
UV Safety Month

### Events in 2 Months (August)

Cataract Awareness Month  
Medic Alert Awareness Month  
National Immunization Awareness Month  
Children's Eye Health & Safety Month

### AIPM Products of Interest for July

[Children's Self Care Guide](#)  
[First Aid Magnet](#)  
[Seniors' Permafold®](#)  
[Cholesterol Permafold®](#)  
[Healthy Eating Permafold®](#)



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# july 2015



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			1	2	3	4
5	6	7	8	9	10	11
<i>National Therapeutic Recreation Week (July 6-12)</i>						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
<i>Every Body Deserves a Massage Week (July 19-25)</i>						
26	27	28 <i>World Hepatitis Day</i>	29	30	31	

### This Month's Events

Fireworks Safety Months (June/July)  
 Eye Injury Prevention Month  
 Juvenile Arthritis Awareness Month  
 UV Safety Month

### Events Next Month (August)

Cataract Awareness Month  
 Medic Alert Awareness Month  
 National Immunization Awareness Month  
 Children's Eye Health & Safety Month

### Events in 2 Months (September)

Fruit & Veggie Month  
 Healthy Aging™ Month  
 Leukemia & Lymphoma Awareness Month  
 National Childhood Obesity Awareness Month  
 National Cholesterol Education Awareness Month  
 National Food Safety Education Month  
 National Menopause Awareness Month  
 National Ovarian Cancer Awareness Month  
 National Sickle Cell Awareness Month  
 Prostate Health Month  
 Sports & Home Eye Safety Month

### AIPM Products of Interest for August

[Screening Magnet](#)  
[Stress Permafold®](#)  
[Medication Permafold®](#)  
[Travel CareKit®](#)  
[HealthTracker™](#)  
[2013 Pocket Calendar](#)



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# august2015



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						1
2	3	4	5	6	7	8
<i>World Breastfeeding Week (August 1-7)</i>						
9	10	11	12	13	14	15
<i>National Health Center Week (August 9-15)</i>						
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### This Month's Events

Cataract Awareness Month  
 Medic Alert Awareness Month  
 National Immunization Awareness Month  
 Children's Eye Health & Safety Month

### Events Next Month (September)

Fruit & Veggie Month  
 Healthy Aging™ Month  
 Leukemia & Lymphoma Awareness Month  
 National Childhood Obesity Awareness Month  
 National Cholesterol Education Awareness Month  
 National Food Safety Education Month  
 National Menopause Awareness Month  
 National Ovarian Cancer Awareness Month  
 National Sickle Cell Awareness Month  
 Prostate Health Month  
 Sports & Home Eye Safety Month

### Events in 2 Months (October)

American Heart Walk  
 Children's Health Month  
 Domestic Violence Awareness Month  
 Eat Better, Eat Together Month  
 Healthy Lung Month  
 National Breast Cancer Awareness Month  
 National Dental Hygiene Month  
 National Depression Screening Month  
 National Liver Awareness Month  
 National Physical Therapy Month  
 Talk About Prescriptions Month

### AIPM Products of Interest for September

[Women's Permafold®](#)  
[Smokeless Program](#)  
[Diabetes Permafold®](#)  
[Cold and Flu CareKit®](#)  
[2013 Wall Calendar](#)



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# september 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<i>National Childhood Injury Prevention Week (September 1-7)</i>				
6	7	8	9	10	11	12
<i>Suicide Prevention Week (September 6-12)</i>				<i>World Suicide Prevention Day</i>		
13	14	15	16	17	18	19
		<i>Take A Loved One to the Doctor Day</i>				
20	21	22	23	24	25	26
<i>Active Aging Week (September 20-26)</i>						<i>Family Health &amp; Fitness Day</i>
27	28	29	30			
			<i>National Women's Health &amp; Fitness Day</i>			

### This Month's Events

- Fruit & Veggie Month
- Healthy Aging™ Month
- Leukemia & Lymphoma Awareness Month
- National Childhood Obesity Awareness Month
- National Cholesterol Education Awareness Month
- National Food Safety Education Month
- National Menopause Awareness Month
- National Ovarian Cancer Awareness Month
- National Sickle Cell Awareness Month
- Prostate Health Month
- Sports & Home Eye Safety Month

### Events Next Month (October)

- American Heart Walk
- Children's Health Month
- Domestic Violence Awareness Month
- Eat Better, Eat Together Month
- Healthy Lung Month
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Depression Screening Month
- National Liver Awareness Month
- National Physical Therapy Month
- Talk About Prescriptions Month

### Events in 2 Months (November)

- American Diabetes Month
- Diabetic Eye Disease Month
- Great American Smokeout Month
- National Alzheimer's Disease Awareness Month
- National Child Mental Health Month
- National Healthy Skin Month

### AIPM Products of Interest for October

- [Alcohol and Drug Permafold®](#)
- [Minding Your Mental Health Guide](#)
- [BSE & TSE Shower Cards](#)



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# October 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <i>Child Health Day</i>	6	7	8	9	10 <i>World Mental Health Day</i>
<i>National Fire Prevention Week (October 4-10)</i>						
<i>National Mental Illness Awareness Week (October 5-9)</i>						
11	12	13	14	15	16	17 <i>National Mammography Day</i>
<i>National Health Education Week (October 19-23)</i>						
18	19	20 <i>World Osteoporosis Day</i>	21	22	23	24
<i>National Respiratory Care Week (October 19-25)</i>						
25	26	27	28 <i>Lung Health Day</i>	29	30	31
<i>Red Ribbon Week (October 23-31)</i>						

## This Month's Events

- American Heart Walk
- Children's Health Month
- Domestic Violence Awareness Month
- Eat Better, Eat Together Month
- Healthy Lung Month
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Depression Screening Month
- National Liver Awareness Month
- National Physical Therapy Month
- Talk About Prescriptions Month

## Events Next Month (November)

- American Diabetes Month
- Diabetic Eye Disease Month
- Great American Smokeout Month
- National Alzheimer's Disease Awareness Month
- National Child Mental Health Month
- National Healthy Skin Month
- Pancreatic Cancer Awareness Month

## Events in 2 Months (December)

- International Aids Awareness Month
- National Drunk & Drugged Driving Prevention Month
- Safe Toys and Gifts Month

## AIPM Products of Interest for November

- [Women's Self Care Guide](#)
- [Prenatal Self Care Guide](#)
- [Prenatal Permafold®](#)
- [Travel CareKit®](#)
- [Medication Permafold®](#)
- [101 Ways to Well-being](#)



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# november 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <i>World Diabetes Day</i>
15	16	17	18	19 <i>Great American Smokeout</i>	20	21
		<i>American Education Week (November 17-23)</i>				
22	23	24	25	26	27	28
29	30					
<i>Tie One On For Safety Campaign (November 27- January 1)</i>						

### This Month's Events

- American Diabetes Month
- Diabetic Eye Disease Month
- Great American Smokeout Month
- National Child Mental Health Month
- National Alzheimer's Disease Awareness Month
- National Healthy Skin Month
- Pancreatic Cancer Awareness Month

### Events Next Month (December)

- International Aids Awareness Month
- National Drunk & Drugged Driving Prevention Month
- Safe Toys and Gifts Month

### Events in 2 Months (January)

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month

### AIPM Products of Interest for December

- [2013 Wall Calendar](#)
- [2013 Pocket Planner](#)
- [Relaxation CD](#)
- [Healthy Savings](#)
- [Posters & QuickTakes™](#)



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# december 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>World AIDS Day</i>	2	3	4 <i>International Volunteer Day</i>	5
		<i>Aplastic Anemia &amp; MDS Week (December 1-7)</i>				
6	7	8	9 <i>Human Rights Day</i>	10	11	12
<i>National Hand Washing Awareness Week (December 7-13)</i> <i>National Influenza Vaccination Week (December 7-13)</i>						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### This Month's Events

International Aids Awareness Month  
National Drunk & Drugged Driving Prevention Month  
Safe Toys and Gifts Month

### Events Next Month (January)

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Blood Donor Month  
National Glaucoma Awareness Month  
Thyroid Awareness Month

### Events in 2 Months (February)

AMD/Low Vision Awareness Month  
American Heart Month  
National Cancer Prevention Month  
National Children's Dental Health Month  
National Condom Month  
Wise Health Consumer Month

### AIPM Products of Interest for January

[Menus and Recipes Guide](#)  
[HealthTracker™](#)  
[Weight Control Permafold®](#)  
[HealthyLife® Newsletter](#)  
[Children's Permafold®](#)  
[Home Safe Home](#)



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