

# wellness activity planner 2012

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](#).



ACCREDITED  
Comprehensive Wellness

The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your 2012 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 2012



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

### This Month's Events

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

### Events Next Month (February)

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

### Events in 2 Months (March)

Brain Injury Awareness Month  
 National Colorectal 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 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
						<i>National Wear Red Day</i>
5	6	7	8	9	10	11
12	13	14	15	16	17	18
<i>National Cardiac Rehabilitation Week (February 12-18)</i>						
19	20	21	22	23	24	25
26	27	28	29			
<i>National Eating Disorders Awareness Week (February 26-March 3)</i>						

### This Month's Events

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

### Events Next Month (March)

- Brain Injury Awareness Month
- National Colorectal 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 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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# march2012



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

### This Month's Events

- Brain Injury Awareness Month
- National Colorectal 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 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
- National Teen Pregnancy Prevention Month

### AIPM Products of Interest for April

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



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# april 2012



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

### This Month's Events

- National Alcohol 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
- National Teen Pregnancy Prevention Month

### Events in 2 Months (June)

- Fireworks Safety Months (June/July)
- National Home Safety 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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# may2012



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

### 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
- National Teen Pregnancy Prevention Month

### Events Next Month (June)

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

### Events in 2 Months (July)

- Fireworks Safety Months (June/July)
- Eye Injury Prevention 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](#)



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# june 2012



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

### This Month's Events

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

### Events Next Month (July)

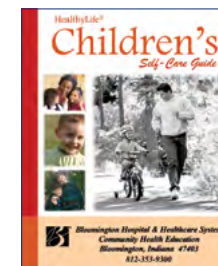
Fireworks Safety Months (June/July)  
Eye Injury Prevention Month  
UV Safety Month

### Events in 2 Months (August)

Cataract Awareness Month  
Medic Alert Awareness Month  
National Immunization Awareness 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 2012



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

### This Month's Events

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

### Events Next Month (August)

Cataract Awareness Month  
 Medic Alert Awareness Month  
 National Immunization Awareness Month

### Events in 2 Months (September)

Children's Eye Health & Safety Month  
 Fruit & Veggie Month  
 Healthy Aging™ Month  
 Leukemia & Lymphoma Awareness Month  
 National Alcohol & Drug Addiction Recovery 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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# august2012



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			1	2	3	4
			<i>World Breastfeeding Week (August 1-7)</i>			
5	6	7	8	9	10	11
	<i>National Health Center Week (August 6-10)</i>					
12	13	14	15	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

### Events Next Month (September)

Children's Eye Health & Safety Month  
 Fruit & Veggie Month  
 Healthy Aging™ Month  
 Leukemia & Lymphoma Awareness Month  
 National Alcohol & Drug Addiction Recovery 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 2012



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

### This Month's Events

- Children's Eye Health & Safety Month
- Fruit & Veggie Month
- Healthy Aging™ Month
- Leukemia & Lymphoma Awareness Month
- National Alcohol & Drug Addiction Recovery 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)

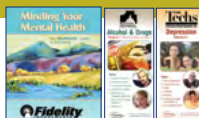
- American Heart Walk
- Children's Health Month
- Domestic Violence Awareness Month
- Eat Better, Eat Together Month
- Healthy Lung Month
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Depression Screening Month
- National Liver Awareness Month
- National Physical 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 2012



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

### 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®](#)



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# november 2012



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 <i>Great American Smokeout</i>	16	17
<i>American Education Week (November 11-17)</i>						
18	19	20	21	22	23	24
25	26	27	28	29	30	

### 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

### Events Next Month (December)

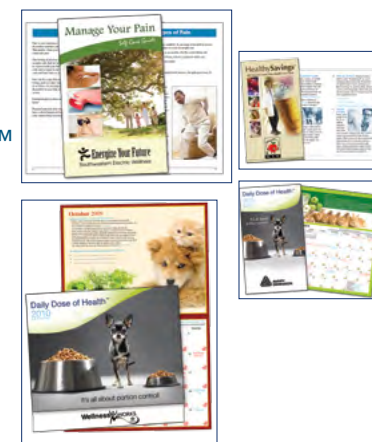
- International Aids Awareness Month
- National Drunk & Drugged Driving Prevention Month
- Safe Toys and Gifts Month

### Events in 2 Months (January)

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

### AIPM Products of Interest for December

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



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# december 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>World AIDS Day</i>
2  <i>Aplastic Anemia &amp; MDS Week (December 2-8)</i> <i>National Hand Washing Awareness Week (December 2-8)</i>	3 <i>International Volunteer Day</i>	4  <i>National Influenza Vaccination Week (December 4-10)</i>	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					

### 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

### Events in 2 Months (February)

AMD/Low Vision Awareness Month  
 Heart Health 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®](#)



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