

2022 Health & Wellness Observance Calendar

JUNE 2022

National Safety Month

Wellness and Safety go hand in hand

Protection against the sun, stretching before and during work, signs of heat stroke and exhaustion, drinking plenty of water, getting enough sleep, safe barbequing.



Men's Health Month and National Men's Health Week (June 13 – 19)

Special presenter on the diseases prone to men.

Have one day dedicated to men: BP screening, glucose and Cholesterol testing, information on prostate cancer, how to quit smoking, importance of stretching, dealing with stress, etc.

Alzheimer's & Brain Awareness Month

Our brains are miraculous and mysterious at the same time. Keep it sharp and growing through lifestyle choices, brain games, staying active and learning something new everyday! Focus on ways to prevent deterioration of our head conductor...the brain!

National Migraine and Headache Month

Many suffer from migraines and headaches without much relief. Let's explore ways to minimize the triggers through a culture of wellness: screen protection, fragrance-free environment, offer a quiet dark room and more. Have handouts on the topic.



Fruit & Veggie Month

Have a challenge to encourage everyone to eat more fruits & veggies. Fruit Friday's where you have a basket of fresh fruit for everyone to help themselves. Potluck lunch with fresh produce.

JULY & AUGUST 2022

UV Safety Month—Focus on summer topics:

Eye and skin protection against UV raises, pool safety, staying hydrated, proper grilling techniques, preventing heat stroke, hydration.



Vacations—Take your personal time now when you can enjoy it!

The importance of taking a break and spending time outdoors with loved ones. Stay active with summer fun: kayaking, swimming, biking, canoeing, walking and running. Always take extra precaution when doing any outdoor activity during the hottest part of the day. Be safe and smart! (July 24th is International Self-Care Day)



International Day of Friendship—July 30th

SEPTEMBER 2022

Healthy Aging Month

With the workforce getting older, we need to focus on better health awareness covering physical, mental, social and financial well-being.



Thyroid Cancer Month/Prostate Health Month/Pain Awareness Month

Offer information on one or all of these topics. Let's work on arranging a presentation. Share information on why Yoga is so good for the body and mind and in managing pain.

OCTOBER 2022

National Breast Cancer Awareness Month

Offer a Health day for women: speaker on breast cancer, diet tips to avoid cancer, free screenings. National Mammography Day—Oct 21



Healthy Lung Month

Information on tobacco control, environmental toxins, asthma treatment. Department of Health or American Lung Association can help provide information



October 5—Do Something Nice Day

October 7—World Smile Day

NOVEMBER & DECEMBER 2022

American Diabetes Month (November)

Guest speaker on the topic. Offer glucose testing. Sign up for a Diabetes Prevention Program with local organizations. Ask me for help.



Lung Cancer Awareness Month (November)

Host a Smoking cessation

Celebrate the Accomplishments (December)

Show appreciation to each other, continue to practice all we have learned throughout 2023 in terms of reducing stress, eating healthy and staying active. Offer healthy alternatives to favorite holiday dishes. Maintain don't gain over the holidays. Start to evaluate what changes you want to make in the new year ahead. Set your sights on what you want and plan to get it in the new year. Only you can stop you!!