



2025
HEALTH AND WELLNESS
OBSERVANCES CALENDAR

Wellness Alliance

JANUARY 2025



CERVICAL HEALTH AWARENESS MONTH

National Cervical Cancer Coalition
nccc-online.org

NATIONAL BIRTH DEFECTS AWARENESS MONTH

Centers for Disease Control and Prevention
cdc.gov/birth-defects/index.html

NATIONAL BLOOD DONOR MONTH

The Association for Blood Donor Professionals
adrp.org/NBDM

National Today
nationaltoday.com/national-blood-donor-month

NATIONAL GLAUCOMA AWARENESS MONTH

Glaucoma Research Foundation
glaucoma.org

NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH

Hope for Justice
hopeforjustice.org/national-slavery-and-human-trafficking-prevention-month

Watch for a Monthly Toolkit!

NATIONAL STAYING HEALTHY MONTH

Watch for a monthly toolkit from the Wellness Alliance.

National Today
nationaltoday.com/national-staying-healthy-month

JANUARY 12-18 HOME OFFICE SAFETY AND SECURITY WEEK

National Today
nationaltoday.com/home-office-safety-and-security-week

JANUARY 19-25 NATIONAL CERTIFIED REGISTERED NURSE ANESTHETISTS WEEK

American Association of Nurse Anesthesiology
ana.com

JANUARY 19-25 NATIONAL HEALTHY WEIGHT WEEK

Centers for Disease Control and Prevention
cdc.gov/healthyweight

JANUARY 2025 *(continued)*



JANUARY 20 (MARTIN LUTHER KING JR. DAY) KING DAY OF SERVICE

The King Center
thekingcenter.org

JANUARY 23 MATERNAL HEALTH AWARENESS DAY

The American College of Obstetricians and Gynecologists
acog.org/advocacy/policy-priorities/maternal-mortality-prevention/maternal-health-awareness-day

FEBRUARY 2025



AMD AND LOW VISION AWARENESS MONTH

Prevent Blindness
preventblindness.org

AMERICAN HEART MONTH

Watch for a monthly toolkit from the Wellness Alliance.

National Heart, Lung, and Blood Institute
nhlbi.nih.gov/education/american-heart-month

NATIONAL CANCER PREVENTION MONTH

American Association for Cancer Research
aacr.org

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

American Dental Association
ada.org/resources/community-initiatives/national-childrens-dental-health-month

WISE HEALTH CARE CONSUMER MONTH

American Institute for Preventive Medicine
healthylife.com

FEBRUARY 3 (SAME DATE EACH YEAR) NATIONAL WOMEN PHYSICIANS DAY

American Medical Association
ama-assn.org

FEBRUARY 3-7 NATIONAL SCHOOL COUNSELING WEEK

American School Counselor Association
schoolcounselor.org

FEBRUARY 7 NATIONAL BLACK HIV/AIDS AWARENESS DAY

HIV.gov
hiv.gov

FEBRUARY 7 NATIONAL WEAR RED DAY

Go Red for Women
American Heart Association
goredforwomen.org