

JANUARY

National Blood Donor Month:

Host a blood drive at work!

National Glaucoma Awareness Month:

Distribute information on glaucoma to increase awareness.

1/17 King Day of Service:

Volunteer somewhere or host a canned good or coat drive at work.



FEBRUARY

American Heart Month

National Cancer Prevention Month:

Distribute information on ways to prevent cancer.

2/5 National Wear Red Day:

Wear red to increase awareness about women's heart health.

MARCH

National Nutrition Month

3/13-3/19 National Sleep Awareness Week:

Prioritize sleep to improve health and well-being.

3/23 American Diabetes Alert Day:

a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk.

