

“Envisioning the Future Exceptionally”



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2019 Suggested Health and Wellness Observances

Adapted from the Rising Sun Usher Federation of Northwest Mississippi

JANUARY 2019

- † National Volunteer Blood Donor Month
- † *Cervical Health Awareness Month*

FEBRUARY 2019

- † American Heart Association American Heart Month/Go Red Day (February 1)
- † NBCUSA H.O.P.E. National Black HIV/AIDS Awareness Sunday (February 3)
- † NBCUSA H.O.P.E. Wear Red Sunday (February 10)

MARCH 2019

- † NBCUSA H.O.P.E./American Kidney Fund Kidney Sunday (March 3)/World Kidney Day (March 8)
- † National Women and Girls HIV/AIDS Awareness Day (March 10)
- † Taste Test Sunday (March 17)/American Diabetes Association Diabetes Alert Day (March 26)
- † *Colorectal Cancer Awareness Month*

APRIL 2019

- † Minority Health Month
- † World Health Day (April 7)
- † Irritable Bowel Syndrome Awareness Month

MAY 2019

- † American Stroke Association American Stroke Month
- † *National Mental Health Month*
- † National Women's Health Week May 12-18

- † NBCUSA H.O.P.E. Mother's Day Bells for Remembrance Breast Health Awareness (Sunday, May 12)
- † Power (to End Stroke) Sunday (May 19)

JUNE 2019

- † National Cancer Survivor's Day® (June 2)
- † NBCUSA H.O.P.E. Summer of Health and Wellness Vacation Bible School/Summer Camp (June and July)
- † Fireworks Safety Month (through July 4)
- † Men's Health Month
- † National Migraine and Headache Awareness Month

JULY 2019

- † NBCUSA H.O.P.E. Summer of Health and Wellness Vacation Bible School/Summer Camp (June and July)
- † Fireworks Safety Month (through July 4).
- † Minority Mental Health Month

AUGUST 2019

- † National Minority Donor Awareness Day (August 1)
- † Easter Seals Make the First Five Count (August 11)
- † *National Immunization Awareness Month*
- † *National Breastfeeding Month*

SEPTEMBER 2019

- † National Childhood Obesity Awareness Month
- † Sickle Cell Disease Awareness Month
- † *Prostate Cancer Awareness Month*
- † NBCUSA H.O.P.E. Senior Recognition Sunday (September 8)

- † NBCUSA H.O.P.E. Let's Move Weekend (September 13-15)

- † NBCUSA H.O.P.E. Sickle Sabbath Sunday (September 15)
- † National HIV/AIDS and Aging Awareness Day (September 18)

OCTOBER 2019

- † National Church Safety and Security Month
- † National Breast Cancer Awareness Month
- † *Domestic Violence Awareness Month*

NOVEMBER 2019

- † Diabetes Awareness Month/Diabetes ID (I Decide) Day (November 10)
- † Pancreatic Cancer Awareness Month
- † National Alzheimer's Disease Awareness Month and National Caregiver Month
- † *Pancreatic Cancer Purple Light Sunday (November 17)*
- † American Cancer Society Great American Smoke Out (November 16)

DECEMBER 2019

- † World AIDS Day (December 1)
- † National Drunk & Drugged Driving (3D) Prevention Month
- † *National Influenza Vaccination Week (December 1-7)*

Key:

Bold – NBCUSA H.O.P.E. sponsored events

Italicized – part of 5-year rotation

For more information or to volunteer to be an observance co-chair, e-mail info@hopenbc.com.