

OAK HILL REGIONAL COMMUNITY DEVELOPMENT CORPORATION

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2022 Suggested Health and Wellness Observances

Adapted from the Rising Sun Usher Federation of Northwest Mississippi

JANUARY 2022

- † National Volunteer Blood Donor Month
- † *Glaucoma Awareness Month*

FEBRUARY 2022

- † American Heart Association American Heart Month
- † Go Red Day (Feb. 4)
- † **National Black HIV/AIDS Awareness Sunday (Feb. 6)**
- † **National Black HIV/AIDS Awareness Day (Feb. 7)**
- † **Wear Red Sunday (Feb. 13 or 20)**

MARCH 2022

- † National Colorectal Cancer Awareness Month
- † *National Autoimmune Disease Awareness Month*
- † *National Nutrition Month*
- † **American Kidney Fund Kidney Sunday (March 6)**
- † World Kidney Day (March 8)
- † National Women and Girls HIV/AIDS Awareness Day (March 10)
- † **Taste Test Sunday (March 20)**
- † American Diabetes Association Diabetes Alert Day (March 22)

APRIL 2022

- † Minority Health Month
- † World Health Day (April 7)
- † *Counseling Awareness Month*

MAY 2022

- † American Stroke Association American Stroke Month
- † National Mental Health Month
- † **National Women's Health Week (May 8-14)**
- † **Mother's Day Bells for Remembrance Breast Health Awareness (Sunday, May 8)**
- † Power (to End Stroke) Sunday (May 15)

JUNE 2022

- † National Cancer Survivor's Day® (June 5)
- † **Summer of Health and Wellness Vacation Bible School/Summer Camp through July**
- † Fireworks Safety Month (through July 4)
- † Men's Health Month

JULY 2022

- † Minority Mental Health Month

AUGUST 2022

- † National Minority Donor Awareness Day (Aug. 1)
- † National Immunization Awareness Month
- † National Breastfeeding Month

SEPTEMBER 2022

- † National Childhood Obesity Awareness Month
- † Sickle Cell Disease Awareness Month
- † **Senior Recognition Sunday (Sept. 11)**
- † **Let's Move! (Sept. 8-30)**
- † **Sickle Sabbath Sunday (Sept. 18)**

- † **National HIV/AIDS and Aging Awareness Day (Sep. 18)**

OCTOBER 2022

- † National Church Safety and Security Month
- † National Breast Cancer Awareness Month
- † *Talk about Prescriptions Month.*

NOVEMBER 2022

- † Diabetes Awareness Month/Diabetes ID (I Decide) Day (Nov. 13)
- † Pancreatic Cancer Awareness Month
- † National Alzheimer's Disease Awareness Month and National Caregiver Month
- † Pancreatic Cancer Purple Light Sunday (Nov. 20)
- † American Cancer Society Great American Smoke Out (Nov. 17)

DECEMBER 2022

- † World AIDS Day (Dec. 1)
- † National Drunk & Drugged Driving (3D) Prevention Month
- † National Influenza Vaccination Week (Dec.4-10)

Key:

Bold – GCMS. sponsored events
Italicized – part of 5-year rotation

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