

“Envisioning the Future Exceptionally”

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2016 Suggested Health and Wellness Observances

Adapted from the Rising Sun Usher Federation of Northwest Mississippi

JANUARY 2016

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

FEBRUARY 2016

- † American Heart Association American Heart Month/Wear Red Day (February 5)
- † **NBCUSA H.O.P.E. National Black HIV/AIDS Awareness Sunday (February 7)**
- † **NBCUSA H.O.P.E. Wear Red Sunday (February 14)**

MARCH 2016

- † **NBCUSA H.O.P.E./American Kidney Fund Kidney Sunday (March 6)/World Kidney Day (March 13)**
- † National Women and Girls HIV/AIDS Awareness Day (March 10)
- † **Taste Test Sunday (March 20)/American Diabetes Association Diabetes Alert Day (March 22)**
- † *National Colorectal Cancer Awareness Month*

APRIL 2016

- † Minority Health Month
- † World Health Day (April 7)
- † *Sexual Assault Awareness and Prevention Month*

MAY 2016

- † American Stroke Association American Stroke Month
- † **NBCUSA H.O.P.E. Mother's Day Bells for Remembrance Breast Health Awareness (Sunday, May 8)**
- † *National Mental Health Month*
- † *Arthritis Awareness Month*

JUNE 2016

- † National Cancer Survivor's Day ® (June 5)
- † **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
- † *Cataract Awareness Month*

JULY 2016

- † **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 2016

- † National Minority Donor Awareness Day (August 1)
- † Easter Seals Make the First Five Count (August 7)
- † *National Immunization Awareness Month*
- † *National Breastfeeding Month*

SEPTEMBER 2016

- † National Childhood Obesity Awareness Month
- † Sickle Cell Disease Awareness Month
- † **NBCUSA H.O.P.E. Senior Recognition Sunday (September 11)**
- † **NBCUSA H.O.P.E. Let's Move Weekend (September 16-18)**

OCTOBER 2016

- † National Church Safety and Security Month
- † National Breast Cancer Awareness Month
- † *National Bullying Prevention Month*

NOVEMBER 2016

- † Diabetes Awareness Month/Diabetes ID (I Decide) Day (November 11)
- † Pancreatic Cancer Awareness Month
- † National Alzheimer's Disease Awareness Month and National Caregiver Month
- † American Cancer Society Great American Smoke Out (November 17)

DECEMBER 2016

- † World AIDS Day (December 1)
- † National Drunk & Drugged Driving (3D) Prevention Month
- † *National Influenza Vaccination Week (December 5-11)*

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 hope@nationalbaptist.com.