

National Emotional Wellness Month

A month to nurture your mental health with small, steady habits and support.

Learn more: nimh.nih.gov

Breast Cancer Awareness Month

A reminder to stay current on recommended screenings — early detection saves lives.

Learn more: cdc.gov/breast-cancer

National Dental Hygiene Month

A cheerful nudge to brush, floss and keep that healthy smile.

Learn more: mouthhealthy.org

Health Literacy Month

Understanding your health information helps you make confident decisions.

Learn more: health.gov

Healthy Lung Month

Learn simple ways to protect your lungs and breathe easier.

Learn more: lung.org

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				Coffee Day	World Smile Day	
4	5	6	7	8	9	10
World Animal Day						World Mental Health Day
11	12	13	14	15	16	17
	Indigenous Peoples' Day				World Food Day	
18	19	20	21	22	23	24
25	26	27	28	29	30	31
				National Cat Day		Halloween

● Health awareness ● Holidays ● Just-for-fun days — celebrate the small joys that keep life holistically well.