



Ways to  
**Well-Being<sup>®</sup>**  
**Activity**  
**Planner**

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Provided by the  
American Institute for Preventive Medicine

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2025

**NESC - WIT Calendar**  
**Wellness Impact Team**



The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your wellness events.

Many health promotion and benefits professionals like to hold wellness activities based on national health observances. This can increase employee/member interest and engagement. Please contact us to learn about products that can be used to reinforce national health observances. Some of them are listed along the side of each page.

Previews of future events are also listed on each page to help you plan. Please feel free to forward the American Institute for Preventive Medicine Well-Being Activity Planner to anyone who may find it beneficial.

For information about products and services that tie into the monthly health observances in this planner, [click here](#).



American Institute for Preventive Medicine

Call: 800.345.2476 • 248.539.1800  
 Web: [HealthyLife.com](http://HealthyLife.com)  
 Mail: 30445 Northwestern Hwy, Ste. 150  
 Farmington Hills, MI 48334

# 2025 Calendar: This Year at a Glance

## JANUARY 2025

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## FEBRUARY 2025

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## MARCH 2025

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## APRIL 2025

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## MAY 2025

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## JUNE 2025

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## JULY 2025

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## AUGUST 2025

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## SEPTEMBER 2025

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## OCTOBER 2025

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## NOVEMBER 2025

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## DECEMBER 2025

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2025

# January

January 13 - Panini Sandwich Day



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### JANUARY EVENTS

- Cervical Health Awareness Month
- Birth Defects Prevention Month
- Glaucoma Awareness Month
- Thyroid Awareness Month

### FEBRUARY EVENTS

- American Heart Month
- Low Vision Awareness Month
- Children's Dental Health Month
- Teen Dating Violence Awareness Month
- Wise Health Consumer Month

### AIPM Products of Interest for February

- [Heart Health Permafold®](#)
- [HealthyLife® @ Work](#)



2025

# February

February 3rd - "Souper" Bowl Day



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World Cancer Day (February 4)

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Girls & Women in Sports Day (February 5)

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Wear Red Day (February 7)  
National Black HIV/AIDS Awareness Day (February 7)  
Congenital Heart Defect Awareness Week (February 7-14)

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Cardiac Rehabilitation Week (February 9-15)

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Random Acts of Kindness Day (February 17)



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World Thinking Day (February 22)

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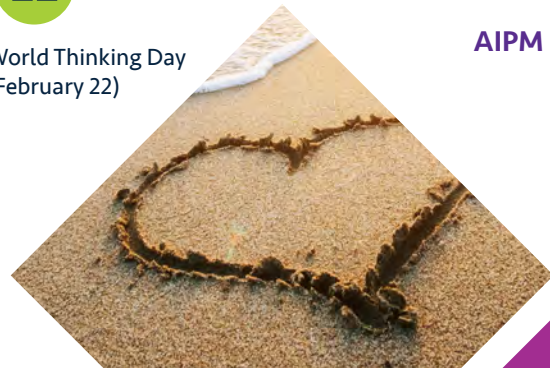
Eating Disorders Awareness Week (February 24-March 2)



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### FEBRUARY EVENTS

- American Heart Month
- Low Vision Awareness Month
- Children's Dental Health Month
- Teen Dating Violence Awareness Month
- Wise Health Consumer Month

### MARCH EVENTS

- Brain Injury Awareness Month
- Colorectal Cancer Awareness Month
- Endometriosis Awareness Month
- Kidney Month
- Nutrition Month
- Problem Gambling Awareness Month

### AIPM Products of Interest for March

- [Health Portal](#)
- [Healthy Eating Permafold®](#)
- [HealthyLife® Newsletter](#)

2025

# March **March 3 - Chili Contest**



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Sleep Awareness Week (March 9-15)  
Patient Safety Awareness Week (March 9-15)  
Brain Awareness Week (March 10-16)



World Kidney Day (March 13)

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Poison Prevention Week (March 16-22)  
National Drug & Alcohol Facts Week® (March 17-23)



Native HIV/AIDS Awareness Day (March 20)

World Water Day (March 22)

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World Tuberculosis Day (March 24) Diabetes Alert Day (March 25)

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### MARCH EVENTS

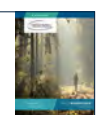
- Brain Injury Awareness Month
- Colorectal Cancer Awareness Month
- Endometriosis Awareness Month
- Kidney Month
- Nutrition Month
- Problem Gambling Awareness Month

### APRIL EVENTS

- Alcohol Awareness Month
- Autism Awareness Month
- Child Abuse Prevention Month
- Minority Health Month
- Parkinson's Awareness Month
- Sexual Assault Awareness Month
- Stress Awareness Month
- Testicular Cancer Awareness Month

### AIPM Products of Interest for April

- [Asthma Permafold®](#)
- [Arthritis Permafold®](#)
- [Wellness Manager Monthly](#)



2025

# April

## April 7- Home-Cooked Pizzas in Ooni Pizza Ovens

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		 1 Take Down Tobacco Day (April 1)	2	3	4	5
6	7 World Health Day (April 7)	8 	9	10 Alcohol Screening Day (April 10)	11	12
13 STD Awareness Week (April 13-19)	14	15 	16	17	18	19
20 Infertility Awareness Week (April 20-26)	21 National Youth Violence Prevention Week (April 21-25)	22 	23	24	25	26 Prescription Drug Take Back Day (April 26)
27	28 Infant Immunization Awareness Week (April 28-May 4)	29 	30			



### APRIL EVENTS

- Alcohol Awareness Month
- Autism Awareness Month
- Child Abuse Prevention Month
- Minority Health Month
- Parkinson's Awareness Month
- Sexual Assault Awareness Month
- Stress Awareness Month
- Testicular Cancer Awareness Month

### MAY EVENTS

- Arthritis Awareness Month
- Asthma Awareness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Lupus Awareness Month
- Skin Cancer Awareness Month
- Mental Health Month
- Osteoporosis Awareness Month
- Physical Fitness & Sports Month
- Stroke Awareness Month

### AIPM Products of Interest for May

- [HealthyLife® Thrive](#)
- [Success Over Stress Permafold®](#)



2025

# May

## May 5- Tacos/Walking Tacos for Cinco de Mayo



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Hurricane Preparedness Week (May 4-10)	Hand Hygiene Day (May 5) Air Quality Awareness Week (May 5-9) Nurses Week (May 6-12)			Children's Mental Health Awareness Day (May 8)		
11	12	13	14	15	16	17
Women's Health Week (May 11-17) Food Allergy Awareness Week (May 11-17)					Bike to Work Day (May 16)	
18	19	20	21	22	23	24
			Employee Health & Fitness Day (May 21)			
25	26	27	28	29	30	31
			Senior Health & Fitness Day® (May 28)			World No Tobacco Day (May 31)

### MAY EVENTS

- Arthritis Awareness Month
- Asthma Awareness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Lupus Awareness Month
- Skin Cancer Awareness Month
- Mental Health Month
- Osteoporosis Awareness Month
- Physical Fitness & Sports Month
- Stroke Awareness Month

### JUNE EVENTS

- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month
- Men's Health Month
- Migraine & Headache Awareness Month
- PTSD Awareness Month
- Safety Month
- Scleroderma Awareness Month

### AIPM Products of Interest for June

- [Men's Permafold®](#)
- [Headaches Permafold®](#)
- [Virtual Workshops](#)



2025

# June

**June 26 - Annual Mini Golf & BBQ during staff meeting**

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CPR & AED Awareness Week (June 1-7)

Cancer Survivors Day (June 1)



National Trails Day (June 7)

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Men's Health Week (June 9-15)



World Blood Donor Day (June 14)  
Family Health & Fitness Day (June 14)

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World Sickle Cell Day (June 19)



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National HIV Testing Day (June 27)

Fireworks Safety Week (June 28-July 4)



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### JUNE EVENTS

- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month
- Men's Health Month
- Migraine & Headache Awareness Month
- PTSD Awareness Month
- Safety Month
- Scleroderma Awareness Month

### JULY EVENTS

- Juvenile Arthritis Awareness Month
- Park & Recreation Month
- UV Safety Month

### AIPM Products of Interest for July

- [Micro Learning Courses](#)
- [Virtual Well-Being Visit](#)





2025

# July

## Month off of Mystery Lunch!

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World Hepatitis Day (July 28)



### JULY EVENTS

- Juvenile Arthritis Awareness Month
- Park & Recreation Month
- UV Safety Month

### AUGUST EVENTS

- Breastfeeding Month
- Children's Eye Health & Safety Month
- Immunization Awareness Month
- Medic Alert Awareness Month
- Psoriasis Action Month

### AIPM Products of Interest for August

- [OnDemand Health Library](#)
- [Healthier at Home®](#)



American Institute for Preventive Medicine

[Download Our Catalog Here](#)



2025

# August **August 4 - Ice Cream Bar and Birthday Cake**



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World Breastfeeding Week (August 1-7)

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### AUGUST EVENTS

- Breastfeeding Month
- Children's Eye Health & Safety Month
- Immunization Awareness Month
- Medic Alert Awareness Month
- Psoriasis Action Month

### SEPTEMBER EVENTS

- Childhood Obesity Awareness Month
- Cholesterol Education Awareness Month
- Food Safety Education Month
- Healthy Aging® Month
- Ovarian Cancer Awareness Month
- Pain Awareness Month
- Preparedness Month
- Prostate Cancer Awareness Month
- Recovery Month
- Sickle Cell Month

### AIPM Products of Interest for

#### September

- [Childhood Obesity Permafold®](#)
- [Health Challenges](#)



2025

# September **Sept 8 - Dips & Apps (Football "Tailgate Party")**



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Suicide Prevention Week (September 7-13)  
Assisted Living Week (September 7-13)

World Suicide  
Prevention Day  
(September 10)

Celiac Disease  
Awareness Day  
(September 13)

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Folic Acid Awareness Week (September 14-20)



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Youth Sports Week (September 22-27)  
Falls Prevention Awareness Week (September 22-28)  
Rehabilitation Week (September 22-28)



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### SEPTEMBER EVENTS

- Childhood Obesity Awareness Month
- Cholesterol Education Awareness Month
- Food Safety Education Month
- Healthy Aging® Month
- Ovarian Cancer Awareness Month
- Pain Awareness Month
- Preparedness Month
- Prostate Cancer Awareness Month
- Recovery Month
- Sickle Cell Month

### OCTOBER EVENTS

- Breast Cancer Awareness Month
- Bullying Prevention Month
- Dental Hygiene Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Health Literacy Month
- Liver Cancer Awareness Month
- Physical Therapy Month
- Sudden Infant Death Syndrome Awareness Month

### AIPM Products of Interest for October

- [Dental Health Permafold®](#)
- [Micro Learning Courses](#)



2025

# October

October 6 - Baked Potato Bar



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Mental Illness Awareness Week (October 5-11)  
Fire Prevention Week (October 5-11)

Depression Screening Day (October 9)

Child Health Day (October 6)



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Bone and Joint Health Awareness Week (October 12-20)  
Metastatic Breast Cancer Awareness Day (October 13)  
World Arthritis Day (October 12) Global Handwashing Day (October 15)



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Respiratory Care Week (October 19-25)  
World Osteoporosis Day (October 20)  
Health Education Week (October 20-24)

Prescription Drug Take Back Day (October 25)

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### OCTOBER EVENTS

- Breast Cancer Awareness Month
- Bullying Prevention Month
- Dental Hygiene Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Health Literacy Month
- Liver Cancer Awareness Month
- Physical Therapy Month
- Sudden Infant Death Syndrome Awareness Month

### NOVEMBER EVENTS

- American Diabetes Month
- Alzheimer's Disease Awareness Month
- COPD Awareness Month
- Epilepsy Awareness Month
- Family Caregivers Month
- Healthy Skin Month
- Lung Cancer Awareness Month
- Pancreatic Cancer Awareness Month

### AIPM Products of Interest for November

- [Diabetes Permafold®](#)
- [HealthyLife® QuitWell](#)
- [Making Medical Decisions Permafold®](#)
- [COPD Permafold®](#)



2025

# November

November 3- Salad Bar



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Mothers Against Drunk Driving (MADD)  
Tie One On for Safety Campaign (November 1- January 1)

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World  
Pneumonia Day  
(November 12)

World  
Diabetes Day  
(November 14)

16 17 18 19 20 21 22



Antibiotic Awareness Week  
(November 18-24)

Great American  
Smokeout (November 20)

Survivors of Suicide  
Day (November 22)

Gastroesophageal Reflux Disease  
Awareness Week (November 18-24)

23 24 25 26 27 28 29



National Family Health  
History Day (November 27)

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### NOVEMBER EVENTS

- American Diabetes Month
- Alzheimer's Disease Awareness Month
- COPD Awareness Month
- Epilepsy Awareness Month
- Family Caregivers Month
- Healthy Skin Month
- Lung Cancer Awareness Month
- Pancreatic Cancer Awareness Month

### DECEMBER EVENTS

- National Impaired Driving Prevention Month
- Safe Toys and Celebrations Month

### AIPM Products of Interest for December

[HealthyLife® SleepWell® Wall Calendar](#)



2025

# December

**December 18 - Staff Meeting  
& Holiday Party.  
No Mystery Lunch**



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Hand Washing Awareness Week (December 1-7)

Influenza Vaccination Week (December 3-7)

International Volunteer Day (December 5)

World AIDS Day (December 1)

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Human Rights Day (December 10)

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Mothers Against Drunk Driving (MADD)  
Tie One On for Safety Campaign (November 1-January 1)

### DECEMBER EVENTS

National Impaired Driving Prevention Month  
Safe Toys and Celebrations Month

### JANUARY EVENTS

Cervical Health Awareness Month  
Birth Defects Prevention Month  
Glaucoma Awareness Month  
Thyroid Awareness Month

### AIPM Products of Interest for January

[HealthyLife® Weigh  
Be Well Playing Cards](#)



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