

# 2019 Well-Being Activity Planner

*Provided by the American Institute for Preventive Medicine*





*The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your 2019 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 participation. Please contact us to learn about products that can be used to reinforce national health observances. Some of them are listed at the bottom of each page.*

*National health observances are listed each month along with previews of future events 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](#).*

# 2019 Calendar: This Year at a Glance

JANUARY 2019						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JULY 2019						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2019						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

AUGUST 2019						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MARCH 2019						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER 2019						
S	M	T	W	Th	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

APRIL 2019						
S	M	T	W	Th	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCTOBER 2019						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MAY 2019						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOVEMBER 2019						
S	M	T	W	Th	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE 2019						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER 2019						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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# January 2019



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
<i>National Folic Acid Awareness Week (January 6-13)</i>						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
<i>National Drug &amp; Alcohol Facts Week<sup>SM</sup> (January 22-27)</i>						
27	28	29	30	31		

## JANUARY EVENTS

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

## FEBRUARY EVENTS

AMD/Low Vision Awareness Month  
 American Heart Month  
 Cancer Prevention Month  
 Children's Dental Health Month  
 Teen Dating Violence Awareness Month  
 Wise Health Consumer Month

## AIPM PRODUCTS OF INTEREST FOR FEBRUARY

Wellness on a Shoestring™  
 Heart Health Permafold®  
 Wise Health Consumer Tracker  
 Student Self-Care Guide  
 Cardiac CareKit®  
 Preventing Cancer Permafold®



# February 2019



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <i>Give Kids a Smile® Day</i>  <i>Wear Red Day</i>	2
3	4 <i>World Cancer Day</i>	5	6 <i>Girls &amp; Women in Sports Day</i>	7 <i>Congenital Heart Defect Awareness Week (February 7-14)</i>	8	9
10 <i>Cardiac Rehabilitation Week (February 10-16)</i>	11	12	13	14	15	16
17 <i>Random Acts of Kindness Day</i>	18	19	20	21	22 <i>World Thinking Day</i>	23
24	25 <i>Eating Disorders Awareness Week (February 25- March 3)</i>	26	27 <i>Rare Disease Day</i>	28		

## FEBRUARY EVENTS

AMD/Low Vision Awareness Month  
 American Heart Month  
 Cancer Prevention 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  
 Multiple Sclerosis Awareness Month  
 Nutrition Month  
 Problem Gambling Awareness Month  
 Save Your Vision Month  
 Workplace Eye Wellness Month

## AIPM PRODUCTS OF INTEREST FOR MARCH

Healthy Eating Permafold®  
 Self-Care Guides  
 ER Do's & Don'ts/First Aid WiseGuide  
 HealthyLife® Newsletter  
 Eating & Exercise Tracker





# March 2019



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div>					1	2
3	4	5	6	7	8	9
Aplastic Anemia & MDS Week (March 1-6)						
10	11	12	13	14	15	16
Sleep Awareness Week (March 3-10)						
Brain Awareness Week (March 11-17)						
Patient Safety Awareness Week (March 10-16)				World Kidney Day		
Pulmonary Rehabilitation Week (March 10-16)						
17	18	19	20	21	22	23
Poison Prevention Week (March 17-23)			Native HIV/AIDS Awareness Day		World Water Day	
Kick Butts Day						
24	25	26	27	28	29	30
World Tuberculosis Day						
31	American Diabetes Alert Day					

## MARCH EVENTS

Brain Injury Awareness Month  
 Colorectal Cancer Awareness Month  
 Endometriosis Awareness Month  
 Kidney Month  
 Multiple Sclerosis Awareness Month  
 Nutrition Month  
 Problem Gambling Awareness Month  
 Save Your Vision Month  
 Workplace Eye Wellness Month

## APRIL EVENTS

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

## AIPM PRODUCTS OF INTEREST FOR APRIL

Asthma Permafold®  
 Arthritis Permafold®  
 Wealthier by the Dozen Posters & QuickTakes  
 Stress CareKit®



# April 2019



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<i>Public Health Week (April 1-7)</i>				<i>Alcohol-Free Weekend (April 5-7)</i>	
7	8	9	10	11	12	13
<i>World Health Day</i>				<i>Alcohol Screening Day</i>		
14	15	16	17	18	19	20
<i>International Moment of Laughter Day</i>				<i>Youth Violence Prevention Week (April 18-22)</i>		
21	22	23	24	25	26	27
<i>Infant Immunization Week (April 21-27)</i> <i>Infertility Awareness Week (April 21-27)</i> <i>Medical Fitness Week (April 21-27)</i>						
28	29	30				
	<i>Air Quality Awareness Week (April 29-May 3)</i>					

## APRIL EVENTS

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

## MAY EVENTS

Arthritis Awareness Month  
 Asthma & Allergy Awareness Month  
 Healthy Vision Month  
 Hepatitis Awareness Month  
 High Blood Pressure Education Month  
 Lupus Awareness Month  
 Melanoma/Skin Cancer Awareness Month  
 Mental Health Month  
 Osteoporosis Awareness Month  
 Physical Fitness & Sports Month  
 Stroke Awareness Month

## AIPM PRODUCTS OF INTEREST FOR MAY

Fitness Permafold®  
 Osteoporosis Permafold®  
 WalkWell™ Tracker  
 SleepWell® CD's

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>Project Aces Day</i>	2	3	4
			<i>Physical Education &amp; Sports Week (May 1-7)</i>			
5 <i>Hand Hygiene Day</i>	6 <i>Nurses Week (May 6-12)</i>	7	8	9 <i>Children's Mental Health Awareness Day</i>	10	11
<i>Hurricane Preparedness Week (May 5-11)</i>						
12 <i>Women's Health Week (May 12-18)</i>	13 <i>Bike to Work Week (May 13-17)</i>	14	15	16	17	18
			<i>Employee Health &amp; Fitness Day</i>		<i>Bike to Work Day</i>	
19	20 <i>World Autoimmune/ Autoinflammatory Arthritis Day</i>	21	22	23	24	25
26	27	28	29 <i>Senior Health &amp; Fitness Day®</i>	30 <i>World No Tobacco Day</i>	31	

## MAY EVENTS

Arthritis Awareness Month  
Asthma & Allergy Awareness Month  
Healthy Vision Month  
Hepatitis Awareness Month  
High Blood Pressure Education Month  
Lupus Awareness Month  
Melanoma/Skin Cancer Awareness Month  
Mental Health Month  
Osteoporosis Awareness Month  
Physical Fitness & Sports Month  
Stroke Awareness Month

## JUNE EVENTS

Fireworks Safety Month (June 1-July 4)  
Cataract Awareness Month  
Men's Health Month  
Migraine & Headache Awareness Month  
Safety Month  
Scleroderma Awareness Month

## AIPM PRODUCTS OF INTEREST FOR JUNE

Men's Permafold®  
Headaches Permafold®  
Men's Manual  
Wall Calendar  
101 Ways to Well-Being  
Safe at Home



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> <i>National Trails Day</i>
<b>2</b> <i>Cancer Survivors Day</i>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<i>CPR &amp; AED Awareness Week (June 1-7)</i>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<i>Men's Health Week (June 10-16)</i>			<i>World Blood Donor Day</i>		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
			<i>World Sickle Cell Day</i>			
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>			<i>National HIV Testing Day</i>			

## JUNE EVENTS

Fireworks Safety Month (June 1-July 4)  
Cataract Awareness Month  
Men's Health Month  
Migraine & Headache 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

Asthma Permafold®  
Arthritis Permafold®  
Wealthier by the Dozen Posters & QuickTakes  
Stress CareKit®





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

World  
Hepatitis Day

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## 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 Awareness Month

## AIPM PRODUCTS OF INTEREST FOR AUGUST

Screening Magnet  
Medication Permafold®  
Travel CareKit®  
HealthTracker™  
Pocket Calendar  
Prenatal Self-Care Guide



# August 2019



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				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*Minority Donor Awareness Week (August 1-7)*  
*World Breastfeeding Week (August 1-7)*

## AUGUST EVENTS

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

## SEPTEMBER EVENTS

Childhood Obesity Awareness Month  
 Cholesterol Education Awareness Month  
 Fruit and Veggies – More Matters® Month  
 Food Safety Education Month  
 Healthy Aging® Month  
 Ovarian Cancer Awareness Month  
 Pain Awareness Month  
 Preparedness Month  
 Prostate Cancer Awareness Month  
 Sickle Cell Month  
 Sports Eye Safety Month

## AIPM PRODUCTS OF INTEREST FOR SEPTEMBER

Childhood Obesity Permafold®  
 Manage Your Pain Self-Care Guide  
 Cold and Flu CareKit®



# September 2019



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
<i>Childhood Injury Prevention Week (September 1-7)</i>						
8	9	10	11	12	13	14
<i>Assisted Living Week (September 8-14)</i>		<i>World Suicide Prevention Day</i>			<i>Celiac Disease Awareness Day</i>	
<i>Suicide Prevention Week (September 8-14)</i>						
15	16	17	18	19	20	21
<i>Rehabilitation Week (September 16-21)</i>			<i>School Backpack Awareness Day</i>			
<i>Reye's Syndrome Awareness Week (September 15-21)</i>						
22	23	24	25	26	27	28
	<i>Falls Prevention Awareness Day</i>		<i>Women's Health &amp; Fitness Day<sup>SM</sup></i>			<i>Family Health &amp; Fitness Day USA<sup>®</sup></i>
29	30					
<i>National Wellness Conference (September 30-October 2)</i>						

## SEPTEMBER EVENTS

Childhood Obesity Awareness Month  
 Cholesterol Education Awareness Month  
 Fruit and Veggies – More Matters<sup>®</sup> Month  
 Food Safety Education Month  
 Healthy Aging<sup>®</sup> Month  
 Ovarian Cancer Awareness Month  
 Pain Awareness Month  
 Preparedness Month  
 Prostate Cancer Awareness Month  
 Sickle Cell Month  
 Sports Eye Safety Month

## OCTOBER EVENTS

Breast Cancer Awareness Month  
 Bullying Prevention Month  
 Dental Hygiene Month  
 Domestic Violence Awareness Month  
 Down Syndrome Awareness Month  
 Liver Awareness Month  
 Physical Therapy Month  
 Sudden Infant Death Syndrome (SIDS) Awareness Month

## AIPM PRODUCTS OF INTEREST FOR OCTOBER

Dental Health Permafold<sup>®</sup>  
 Minding Your Mental Health Guide  
 BSE & TSE Shower Cards

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# October 2019



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		1	2	3	4	5
6 <i>Fire Prevention Week (October 6-12)</i> <i>Mental Illness Awareness Week (October 6-12)</i>	7 <i>Child Health Day</i>	8	9	10 <i>Depression Screening Day</i> <i>World Mental Health Day</i>	11	12
13 <i>Metastatic Breast Cancer Awareness Day</i> <i>Bone and Joint Health National Awareness Week (October 12-20)</i>	14	15	16	17	18	19
20 <i>World Osteoporosis Day</i> <i>Health Education Week (October 21-25)</i> <i>Respiratory Care Week (October 20-26)</i>	21	22	23	24	25	26
27	28	29 <i>World Stroke Day</i>	30	31		

## OCTOBER EVENTS

Breast Cancer Awareness Month  
 Bullying Prevention Month  
 Dental Hygiene Month  
 Domestic Violence Awareness Month  
 Down Syndrome Awareness Month  
 Liver Awareness Month  
 Physical Therapy Month  
 Sudden Infant Death Syndrome (SIDS) Awareness Month

## NOVEMBER EVENTS

American Diabetes Month  
 Alzheimer's Disease Awareness Month  
 COPD Awareness Month  
 Diabetic Eye Disease 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®  
 Travel CareKit®  
 Making Medical Decisions Permafold®  
 Smokeless® Tobacco Cessation  
 COPD Permafold®

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# November 2019



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3	4	5	6	7	8	9
10	11	12	13	14	15	16
		World Pneumonia Day		World Diabetes Day		
17	18	19	20	21	22	23
Survivors of Suicide Day	Gastroesophageal Reflux Disease Awareness Week (November 18-24)				Great American Smokeout	
24	25	26	27	28	29	30
				National Family Health History Day		
				Mothers Against Drunk Driving (MADD) Tie One On for Safety Campaign (November 28- January 1)		

## NOVEMBER EVENTS

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

## DECEMBER EVENTS

Drunk & Drugged Driving  
 Prevention Month  
 International AIDS Awareness Month  
 Safe Toys and Celebrations Month

## AIPM PRODUCTS OF INTEREST FOR DECEMBER

Wall Calendar  
 Pocket Planner  
 Relaxation CD  
 Healthy Savings  
 Alcohol & Drugs Permafold®  
 Posters & QuickTakes™



# December 2019



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1 <i>World AIDS Day</i>  <i>Hand Washing Awareness Week (December 1-7)</i> <i>Influenza Vaccination Week (December 1-7)</i>	2	3	4	5 <i>International Volunteer Day</i>	6	7
8	9	10 <i>Human Rights Day</i>	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## DECEMBER EVENTS

Drunk & Drugged Driving Prevention Month  
 International AIDS Awareness Month  
 Safe Toys and Celebrations Month

## JANUARY EVENTS

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

## AIPM PRODUCTS OF INTEREST FOR JANUARY

Menus and Recipes Guide  
 WalkWell Tracker™  
 Weight Control Permafold®  
 HealthyLife® Newsletter  
 Be Well Playing Cards

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