

JUNE 2025



LGBTQA+ Awareness Month: Also called Pride Month, is celebrated annually in June to honor the 1969 Stonewall riots and promote equal justice and opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQ+) Americans.

Men's Health Month: Observed throughout June to raise awareness about men's health issues. It includes International Men's Health Week, leading to Father's Day (June 16).

Alzheimer's & Brain Awareness Month: Each June, the Alzheimer's Association® helps raise awareness about the disease and support the 50 million people worldwide living with Alzheimer's and other forms of dementia.

Scleroderma Awareness Month: Is recognized annually in June to highlight this rare condition affecting approximately one in 4,000 adults in the U.S.

Juneteenth (June 19): This holiday, long celebrated by African Americans, recognizes the day in 1865 when enslaved people in Texas learned they had been freed and the Emancipation was enforced.

World Sickle Cell Day (June 19): Aims to increase public knowledge and understanding of sickle cell disease.

| S | M | T | W | T | 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 | | | | | |

AT-A-GLANCE

Month-Long Observances

- Alzheimer's & Brain Awareness Month
- Men's Health Month
- PTSD Awareness Month
- Scleroderma Awareness Month
- LGBTQ+ Pride Month
- National Safety Month

Weeklong Observances

- Jun 1-7 National CPR and AED Awareness Week
- Jun 10-14 Community Health Improvement Week
- Jun 10-16 International Men's Health Week
- Jun 13-19 National CNA Week

Recognition Days

- Jun 2 National Cancer Survivors Day
- Jun 5 World Environment Day
- Jun 8 Family Health & Fitness Day®
- Jun 19 Juneteenth
- Jun 16 Father's Day
- Jun 27 National HIV Testing Day
- Jun 20 World Refugee Day

Just for Fun

- June is National Great Outdoors Month



JULY 2025



Minority Mental Health Awareness Month: Observed nationally each July to bring awareness to the unique struggles that racial and ethnic minority communities in the United States face regarding mental illness (Also known as Bebe Moore Campbell National Minority Mental Health Awareness Month).

UV Safety Month: During Ultraviolet Safety Month, the mission is to spread awareness about how important it is to protect our eyes and skin from the side effects of the sun's UV rays. This month continues to be a reminder of the connection between overexposure to UV light and cancers of the eyes, lips, and skin.

National Therapeutic Recreation Week (Jul 6-12): Established by the National Therapeutic Recreation Society, this week raises awareness of therapeutic recreation programs and services that could improve the health and well-being of individuals with physical, mental, and emotional disabilities.

World Brain Day (July 22): Promoted by the World Federation of Neurology, this day emphasizes brain health and aims to increase awareness about neurological diseases.

National Disability Independence Day (Jul 26): Marks the anniversary of the signing of the Americans with Disabilities Act (ADA) in 1990, a landmark law that prohibits discrimination against people with disabilities.

| S | M | T | W | T | 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 | | |

AT-A-GLANCE

Month-Long Observances

- Minority Mental Health Awareness Month
- National Cleft and Craniofacial Awareness & Prevention Month
- UV Safety Month
- Cord Blood Awareness Month
- Juvenile Arthritis Awareness Month
- Sacroma Awareness Month
- National Aphasia Awareness Month

Weeklong Observances

- Jul 1-7 Clean Beaches Week
- Jul 6-12 National Therapeutic Recreation Week

Recognition Days

- Jul 4 Independence Day
- Jul 11 World Population Day
- Jul 18 Nelson Mandela International Day
- Jul 21 Zero HIV Stigma Day
- Jul 22 World Brain Day
- Jul 26 Americans with Disabilities Act (ADA) Anniversary
- Jul 28 World Hepatitis Day

Just for Fun

- Jul 17 World Emoji Day



AUGUST 2025



National Immunization Awareness Month: National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages and the importance of getting recommended vaccines throughout your life.

National MedicAlert Month: August is designated to promote awareness of medical identification systems like MedicAlert bracelets, which provide critical health information in emergencies.

World Breastfeeding Week (Aug 1-7): WBW was started in 1992 and serves to protect, promote, and support breastfeeding across all levels of society by encouraging support for breastfeeding from governments, health systems, workplaces, and communities.

National Health Center Week (Aug 3-9): Celebrates and raises awareness about the mission and accomplishments of America's health centers.

World Senior Citizens' Day (Aug 21): This day provides an opportunity to show our appreciation for the dedication, accomplishments, and services that seniors give throughout their lives.

| S | M | T | W | T | 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 | | | | | | |

AT-A-GLANCE

Month-Long Observances

- National Immunization Awareness Month
- Neurosurgical Awareness Month
- Gastroparesis Awareness Month
- Psoriasis Awareness Month
- MedicAlert Awareness Month
- National Eye Exam Month

Weeklong Observances

- Aug 1-7 World Breastfeeding Week
- Aug 3-9 National Health Center Week

Recognition Days

- Aug 1 World Lung Cancer Day
- Aug 9 International Day of the World's Indigenous Peoples
- Aug 21 World Senior Citizens Day
- Aug 26 Women's Equality Day
- Aug 30 National Grief Awareness Day

Just for Fun

- Aug 17 National Nonprofit Day



SEPTEMBER 2025



National Hispanic Heritage Month (Sept 15 – Oct 15):

Celebrates the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. September 15 is significant as it marks the anniversary of independence for several Latin American countries.

National Rehabilitation Awareness Week (Sept 16-22):

Celebrates the contributions of rehabilitation professionals and raises awareness about the benefits of rehabilitation.

National Physician Suicide Awareness Day (Sept 17):

#NPSADay is a reminder and call to action to help everyone prevent physician suicide, including health organizations, health systems, hospitals, medical societies, and practices.

| S | M | T | W | T | 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 | | | | |

AT-A-GLANCE

Month-Long Observances

- Childhood Cancer Awareness Month
- Deaf Awareness Month
- Healthy Aging Month
- National Hispanic Heritage Month (Sept 15-Oct15)
- National Recovery Month
- National Cholesterol Education Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National Suicide Prevention Month
- Pain Awareness Month
- Ovarian Cancer Awareness Month
- Peripheral Artery Disease Month
- Prostate Cancer Awareness Month
- Blood Cancer Awareness Month
- Gynecologic Cancer Awareness Month
- World Alzheimer's Month

Weeklong Observances

- Sept 7-13 National Suicide Prevention Week
- Sept 16-22 National Rehabilitation Awareness Week

Recognition Days

- Sept 8 World Physical Therapy Day
- Sept 10 World Suicide Prevention Day
- Sept 15 World Lymphoma Awareness Day
- Sept 17 World Patient Safety Day
- Sept 29 World Heart Day

Just for Fun

- Whole Grains Month
- Yoga Awareness Month
- Sept 21 World Gratitude Day



OCTOBER 2025



Health Literacy Month: An international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, consumer alliances, and many other groups work collaboratively to integrate and expand the mission of health literacy.

National Health Education Week (Oct 20-24): This week aims to increase national awareness of major public health issues and promote a better understanding of the role of health education.

National Primary Care Week (Oct 5-11): Primary Care Physicians nationwide come together to focus on improving patient care. The week also offers an opportunity to showcase new approaches to healthcare, celebrate progress, network with colleagues, and explore new avenues for underserved populations.

Emergency Nurses Day (Oct 8): A day celebrating the dedication and contributions of emergency nursing professionals.

National Check Your Meds Day (Oct 21): This day encourages people to bring their medications to their local pharmacist for a review, offering a chance to clear out expired prescriptions, update medications if needed, and get answers to any questions — all at no cost. It's a simple but valuable opportunity for consumers to get expert guidance on their medications.

| S | M | T | W | T | 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 | |

AT-A-GLANCE

Month-Long Observances

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- National Liver Awareness Month
- National Physical Therapy Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

Weeklong Observances

- Oct 5-11 Mental Illness Awareness Week
- Oct 5-11 National Primary Care Week
- Oct 13-19 International Infection Prevention Week
- Oct 19-25 National Healthcare Quality Week
- Oct 19-25 Respiratory Care Week
- Oct 20-26 National Pharmacy Week
- Oct 21-25 National Health Education Week
- Oct 23-31 Red Ribbon Week

Recognition Days

- Oct 8 Emergency Nurses Day
- Oct 9 National Depression Screening Day
- Oct 10 World Mental Health Day
- Oct 11 World Hospice and Palliative Care Day
- Oct 13 Indigenous Peoples' Day

Just for Fun

- Oct 1 World Vegetarian Day

NESHCo Reminders

- The 2026 Lamplighter Awards season will open in December! Time to start thinking #Lamplighters



NOVEMBER 2025



National Native American Heritage Month: This month celebrates the rich and diverse cultures, traditions, and histories of Native Americans and acknowledges their important contributions. This is a time to educate each other about tribes, raise a general awareness about the unique challenges Native people have faced historically and today, and how tribal citizens have worked to conquer these challenges.

National Family Caregivers Month: This is a time to recognize and honor family caregivers, and it offers an opportunity to raise awareness around caregiving issues, educate communities, and increase support for caregivers.

National Nurse Practitioner Week (Nov 10-16): This week celebrates the contributions of nurse practitioners to the medical field and promotes awareness of their role in delivering health care.

National Stress Awareness Day (Nov 5): Organized by the International Stress Management Association, is a day to raise awareness of psychological distress in the workplace and to develop strategies to address it.

Great American Smokeout® (Nov 20): Led by the American Cancer Society, the Great American Smokeout encourages smokers to make a plan to quit smoking. In the US, cigarette smoking causes about 3 of every 10 cancer deaths. It's not too late to quit using tobacco.

| S | M | T | W | T | 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 | | | | | | |

AT-A-GLANCE

Month-Long Observances

- American Diabetes Month
- Lung Cancer Awareness Month
- National Healthy Skin Month
- National Hospice and Palliative Care Month
- Stomach Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Epilepsy Awareness Month
- National COPD Awareness Month
- National Pancreatic Cancer Awareness Month

Weeklong Observances

- Nov 10-16 National Nurse Practitioner Week
- Nov 16-22 GERD Awareness Week

Recognition Days

- Nov 8 International Day of Radiology
- Nov 12 World Pneumonia Day
- Nov 14 World Diabetes Day
- Nov 20 Transgender Day of Remembrance

Just for Fun

- Nov 13 World Kindness Day



DECEMBER 2025



National Safe Toys and Gifts Month: Emphasizes the importance of selecting safe toys and gifts, particularly for children, to prevent injuries.

International Sharps Injury Prevention Awareness

Month: Aims to raise awareness about the risks of sharps injuries and promote safe handling practices among healthcare workers and the public.

National Impaired Driving Prevention Month: Highlights the dangers of driving under the influence of alcohol or drugs and promotes strategies to prevent impaired driving incidents.

Lamplighter Awards Open (Dec 1): NESHCo opens the annual competition to all public relations and marketing professionals employed by New England healthcare institutions, health plans, and agencies. Eligible entries must have been produced and/or completed – including measured results – between October 1, 2024, and January 31, 2026.

| S | M | T | W | T | 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 | | | |

AT-A-GLANCE

Weeklong Observances

- Dec 1-7 Crohn's and Colitis Awareness Week
- Dec 7-13 National Handwashing Awareness Week
- Dec 7 - 13 National Influenza Vaccination Week

Recognition Days

- Dec 1 World AIDS Day
- Dec 3 International Day of Persons with Disabilities

Just for Fun

- Dec 3 Let's Hug Day
- Dec 4 National Cookie Day
- Dec 7 National Slime Day

NESHCo Reminders

- Call for Lamplighter Entries! Eligible entries for the 2025 competition must have been produced and/or completed – including measured results – between October 1, 2024, and January 31, 2026.



JANUARY 2026



National Winter Sports TBI Awareness Month: There are physical risks associated with our favorite winter activities, such as snowmobiling, skiing, and snowboarding. These high-velocity activities can cause serious injuries, especially concussions and other traumatic brain injuries (TBI).

National Pharmacist Day (Jan 12): Where would we be without pharmacists? It's time to thank those who keep us healthy throughout the year. This day focuses on the importance of pharmacists, and it honors how much they impact our health and well-being.

Maternal Health Awareness Day (Jan 23): focuses on promoting maternal health and reducing maternal mortality and morbidity.

National Healthy Weight Week (Jan 18-24): promotes the importance of maintaining a healthy weight through balanced eating and regular physical activity.

NESHCo Lamplighter Awards 2026 submissions: The 2026 Season is accepting submissions! Send your entries for the Early Bird rate in January (see neshco.org for details)! These awards recognize the outstanding achievements and campaigns produced in healthcare marketing and public relations. With over 40 major awards and hundreds of entries each year, the Lamps honors the finest work produced across New England. Eligible entries must have been produced and/or completed – including measured results – between October 1, 2024, and January 31, 2026.

| S | M | T | W | T | 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 |

AT-A-GLANCE

Month-Long Observances

- National Birth Defects Awareness Month
- National Radon Action Month
- National Mentoring Month
- International Quality of Life Month

Weeklong Observances

- Jan 18-24 National Healthy Weight Week

Recognition Days

- Jan 11 Paget's Awareness Day
- Jan 12 National Pharmacist Day
- Jan 16 Martin Luther King, Jr. Day
- Jan 25 IV Nurses Day

Just for Fun

- Jan 29 National Puzzle Day



FEBRUARY 2026



American Heart Month: February is American Heart Month, a time when all people can focus on their cardiovascular health. Heart disease is the number one cause of death for most groups. Heart disease affects all ages, genders, and ethnicities.

National Cancer Prevention

Month: Observed in February, highlights the critical steps individuals can take to reduce their risk of cancer. By promoting healthy lifestyle choices—like eating nutritious foods, staying active, avoiding tobacco, and getting regular screenings—this month empowers people to take proactive measures for their long-term health. It also raises awareness about the role of early detection and prevention in saving lives, reminding us that small changes today can make a big difference tomorrow.

African Heritage & Health Week

(Feb 7-13): Honors more than 400 years of African American history and heritage that has shaped American culture as we know it today. This week celebrates the healthy foods, flavors, and cooking techniques of African and African American cuisine.

National Patient Recognition

Week (Feb 1-7): Is a time to celebrate and honor the heart of healthcare—the patients. This week is dedicated to

recognizing the trust patients place in their providers, the courage they show in facing health challenges, and the role they play as active partners in their care.

National Wear Red Day (Feb 6):

Go Red for Women is a powerful movement that raises awareness about heart disease—the leading cause of death in women. By encouraging people to wear red and share life-saving information, this day shines a spotlight on the often-overlooked risk of heart issues in women. It empowers women to take charge of their heart health through education, prevention, and early detection, helping to close the gender gap in heart disease awareness and outcomes.

National Donor Day (Feb 14):

Is an observance dedicated to spreading awareness and education about organ, eye, and tissue donation. This is also a day to recognize those who have given and received the gift of life through organ, eye, and tissue donation, those who are currently waiting for a lifesaving transplant, and those who died waiting because an organ was not donated in time.

NESHCO Evans F. Houghton Award

2026: This award recognizes exemplary performance in and significant contributions to the field of healthcare public relations, marketing, and communications. Be on the lookout to submit your nominations!

| S | M | T | W | T | 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 |

AT-A-GLANCE

Month-Long Observances

- Black History Month
- American Heart Month
- National Cancer Prevention Month

Weeklong Observances

- Feb 1-7 National Patient Recognition Week
- Feb 1-7 Burn Awareness Week
- Feb 8-14 Cardiac Rehabilitation Week

Recognition Days

- Feb 6 National Wear Red Day
- Feb 6 Toothache Day
- Feb 28 Rare Disease Day

Just for Fun

- Celebration of Chocolate Month



MARCH 2026



National Nutrition Month®: Is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Myeloma Action Month: Is dedicated to raising awareness and fostering community support for those affected by multiple myeloma—a blood cancer that affects over 176,404 people yearly worldwide.

Save Your Vision Month®: March is Save Your Vision Month, and the American Optometric Association (AOA) wants to draw the public's attention to a growing problem. Myopia is a common vision condition that affects nearly 42 percent of Americans, including 1 in 4 children.

National Sleep Awareness Week®: (Mar 10-17) is hosted by the National Sleep Foundation and is an opportunity to reemphasize the important connection between your sleep and your health.

Brain Awareness Week (Mar 10-17): Brain research allows us to understand our biology and body function better, which empowers medical professionals to find ways to prevent or treat brain, nervous system, and body problems.

| S | M | T | W | T | 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 | | | | |

AT-A-GLANCE

Month-Long Observances

- Brain Injury Awareness Month
- Colorectal Cancer Awareness Month
- Endometriosis Awareness Month

Week-Long Observances

- Mar 8-14 Patient Safety Week
- Mar 8-14 National Sleep Awareness Week
- Mar 8-14 Brain Awareness Week
- Mar 15-21 National Poison Prevention Week
- Mar 15-21 National Drug and Alcohol Facts Week

Recognition Days

- Mar 3 World Hearing Day
- Mar 4 HPV Awareness Day
- Mar 4 World Obesity Day
- Mar 8 International Women's Day
- Mar 12 World Kidney Day
- Mar 13 World Sleep Day
- Mar 21 World Down Syndrome Day
- Mar 26 Purple Day (Epilepsy Awareness)
- Mar 30 National Doctor's Day

Just for Fun

- Mar 9th National Napping Day

NESHCo Reminders

- Submit your nominations for the Evans F. Houghton Award!



APRIL 2026



National Donate Life Month: Was established by Donate Life America in 2003. Observed in April each year, National Donate Life Month helps raise awareness about donation, encourages Americans to register as organ, eye, and tissue donors, and honors those who have saved lives through the gift of donation.

National Public Health Week (Apr 6-12): An initiative led by the American Public Health Association (APHA) to recognize the contributions of public health and highlight issues that are important to improving the nation's health. Public health starts with each of us making a difference in our homes and communities.

National Healthcare Decisions Day (Apr 16): Encourages individuals to make their healthcare preferences known and to discuss advance care planning with loved ones and healthcare providers. NHDD serves to empower people to take control of their healthcare decisions and ensure that their wishes are respected during times of medical crisis or incapacity.

| S | M | T | W | T | 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 | | |

AT-A-GLANCE

Month-Long Observances

- National Stress Awareness Month
- Alcohol Awareness Month
- Autism Awareness Month
- Occupational Therapy Month
- Parkinson's Awareness Month
- National Minority Health Month (NMHM)
- Sexual Assault Awareness Month

Weeklong Observances

- Apr 20-26 National Infertility Awareness Week®
- Apr 20-26 National Volunteers Week
- Apr 24-30 World Immunization Week
- Recognition Days
- Apr 11 World Parkinson's Day
- Apr 17 World Hemophilia Day
- Apr 25 World Malaria Day

Just for Fun

- Apr 11 National Pet Day
- Apr 23 Bring Your Child to Work Day

NESHCo Reminders

- Register for the NESHCo 2026 Annual Conference in Burlington, UT!



MAY 2026



ALS Awareness Month: Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease, is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord. The ALS Association comes together to raise awareness of the disease, share stories from people living with ALS, show support for caregivers, and shine a spotlight on those who dedicate their lives to finding a cure.

Melanoma and Skin Cancer Awareness Month: This observance aims to raise awareness about hypertension and its associated risks, as well as educate people about prevention, management, and treatment strategies.

High Blood Pressure Education Month: This month-long campaign aims to raise awareness about melanoma, the deadliest form of skin cancer, as well as other types of skin cancer. It emphasizes the importance of sun safety, skin cancer prevention, early detection, and treatment.

National Women's Health Week (NWHW) (May 11-17): Is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). This week serves as a reminder for women and girls to make their health a priority and take care of themselves.

| S | M | T | W | T | 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 | | | | | | |

AT-A-GLANCE

Month-Long Observances

- National Mental Health Month
- National Asthma and Allergy Awareness Month
- National Physical Fitness and Sports Month
- National Stroke Awareness Month
- National Celiac Awareness Month

Weeklong Observances

- May 6-12 National Nurses Week

Recognition Days

- May 17 World Hypertension Day

Just for Fun

- May 4 World Laughter Day

NESHCo Reminders

- Join us for NESHCo 2026 in Burlington, VT!

