2020 WELLNESS CALENDAR

DESIGNED WELNESS
POWERED BY ACEC LIFE/HEALTH TRUST

JANUARY

- Dry January
- National Blood Donor Month
- Martin Luther King Jr. Day – King Day of Service

LOCAL WELLNESS EVENTS:

FEBRUARY

- National Heart Month
- Wear Red for Heart Month (National Wear Red Day)
- Cancer Prevention Month

LOCAL WELLNESS EVENTS:

MARCH

- No Smoking Month
- National Nutrition Month
- Hydration Month

LOCAL WELLNESS EVENTS:

APRIL

- Stress Awareness and Move More Month
- World Health Day
- Earth Day

LOCAL WELLNESS EVENTS:

MAY

- National Bike and Walking Month
- National Mental Health Month
- Better Sleep Month

LOCAL WELLNESS EVENTS:

JUNE

- Men's Health Month
- National Safety Month
- Family Health and Fitness Day

LOCAL WELLNESS EVENTS:

JULY

- Sun Awareness Month
- National Park and Recreation Month
- Drink More Water Challenge

LOCAL WELLNESS EVENTS:

AUGUST

- Family Fun Month
- National Immunization Month
- Active Travel

LOCAL WELLNESS EVENTS:

SEPTEMBER

- Alzheimer's Awareness Month
- National Yoga Month
- Prostate Health Month

LOCAL WELLNESS EVENTS:

OCTOBER

- Breast Cancer Awareness Month
- Seasonal Flu Awareness
- National Dental Hygiene Month

LOCAL WELLNESS EVENTS:

NOVEMBER

- Movember
- American Diabetes Month
- America Recycles Day

LOCAL WELLNESS EVENTS:

DECEMBER

- Beat the Bulge/Maintain not Gain Challenge
- Financial Wellness
- Healthy Holiday Celebrations

LOCAL WELLNESS EVENTS:

Participate in Designed Wellness today by logging into your account at designedwellness.redbrickhealth.com.