



SJDC HEALTH AND WELLNESS

Awareness Months and Weeks

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For any questions, comments, or concerns, please email Vanessa Plaza, Student Programs Specialist for the Delta Health Center/Wellness Services at vanessa.plaza@deltacollege.edu

[Resource 1](#)

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| JANUARY | <ul style="list-style-type: none"> • Cervical Health Awareness Month • Dry January <ul style="list-style-type: none"> ○ Dry January Steps to Success Resource 1 • Glaucoma Awareness Month • National Eye Care Month • National Stalking Awareness Month • Self-Love Month |
| FEBRUARY | <ul style="list-style-type: none"> • American Heart Month • National Cancer Prevention Month <ul style="list-style-type: none"> ○ Five Things to Know for National Cancer Prevention Month Resource 1 |
| MARCH | <ul style="list-style-type: none"> • Kidney Month • National Reading Month • Self-Injury Awareness Month |
| APRIL | <ul style="list-style-type: none"> • Alcohol Awareness Month • Autism Acceptance Month |

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| | <ul style="list-style-type: none"> ○ What is Autism? Infographic ● Sexual Assault Awareness Month ● Stress Awareness Month |
| MAY | <ul style="list-style-type: none"> ● ALS Awareness Month ● High Blood Pressure Education Month ● Mental Health Awareness Month ● National Cancer Research Month ● National Melanoma/Skin Cancer Detection and Prevention Month |
| JUNE | <ul style="list-style-type: none"> ● Alzheimer's and Brain Awareness Month ● Audiobook Appreciation Month ● PTSD Awareness Month |
| JULY | <ul style="list-style-type: none"> ● BIPOC Mental Health Month ● Plastic Free July |
| AUGUST | <ul style="list-style-type: none"> ● National Immunization Awareness Month |
| SEPTEMBER | <ul style="list-style-type: none"> ● Blood Cancer Awareness Month ● Healthy Aging Month ● National Self-Care Awareness Month ● National Suicide Prevention Awareness Month |
| OCTOBER | <ul style="list-style-type: none"> ● ADHD Awareness Month ● Depression and Mental Health Screening Month ● Down Syndrome Awareness Month |

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| | <ul style="list-style-type: none"> • <u>Health Literacy Month</u> • <u>National Breast Cancer Awareness Month</u> |
| NOVEMBER | <ul style="list-style-type: none"> • <u>Diabetes Awareness Month</u> <ul style="list-style-type: none"> ○ <u>Diabetes Myth Busters</u> • <u>Lung Cancer Awareness Month</u> <ul style="list-style-type: none"> ○ <u>Lung Health and Wellness</u> • <u>Movember</u> • <u>Native American Heritage Month</u> |
| DECEMBER | <ul style="list-style-type: none"> • HIV/AIDS Awareness Month <ul style="list-style-type: none"> ○ <u>World AIDS Day</u> Resource 1 ○ <u>World AIDS Day</u> Resource 2 • <u>Seasonal Affective Disorder Awareness Month</u> • Universal Human Rights Month <ul style="list-style-type: none"> ○ <u>Human Rights Day</u> - Dec 10 (annually) |