



WELLNESS ACTIVITY PLANNER 2017

Provided by the American Institute for Preventive Medicine

The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your 2017 wellness events.

The Institute is one of the first 5 companies to receive URAC Accreditation for Comprehensive Wellness.



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

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.



Call: 800.345.2476 • 248.539.1800
Web: HealthyLife.com
Mail: 30445 Northwestern Hwy, Ste. 350
Farmington Hills, MI 48334

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 Wellness Activity Planner to anyone who may find it beneficial.

January 2017



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
<i>National Folic Acid Awareness Week (January 8-14)</i>						
15	16	17	18	19	20	21
<i>Healthy Weight Week (January 16-20)</i>						
22	23	24	25	26	27	28
<i>National Drug & Alcohol Facts WeekSM (January 23-29)</i>						
<i>National Certified Nurse Anesthetists Week (January 22-28)</i>						
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 2017



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

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 Month
 Colorectal Cancer Awareness Month
 Endometriosis Awareness Month
 Kidney Month
 MS Education & Awareness Month
 Nutrition Month
 Problem Gambling Awareness Month
 Save Your Vision Month
 Traumatic Brain Injury Awareness Month
 Workplace Eye Health & Safety Month

AIPM PRODUCTS OF INTEREST FOR MARCH


Healthy Eating Permafold®
 Self-Care Guides
 ER Do's & Don't's/First Aid WiseGuide
 HealthyLife® Newsletter
 Eating & Exercise Tracker



March 2017



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

MARCH EVENTS

- Brain Injury Month
- Colorectal Cancer Awareness Month
- Endometriosis Awareness Month
- Kidney Month
- MS Education & Awareness Month
- Nutrition Month
- Problem Gambling Awareness Month
- Save Your Vision Month
- Traumatic Brain Injury Awareness Month
- Workplace Eye Health & Safety Month

APRIL EVENTS

- Alcohol Awareness Month
- Autism Awareness Month
- Child Abuse Prevention Month
- Distracted Driving Awareness Month
- Minority Health Month
- Sexual Assault Awareness Month
- Sports Eye Safety Awareness Month
- STI Awareness Month
- Stress Awareness Month

AIPM PRODUCTS OF INTEREST FOR APRIL

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



April 2017



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <i>Alcohol Free Weekend (March 31-April 2)</i>
2	3 <i>Public Health Week (April 3-9) Youth Violence Prevention Week (April 3-7)</i>	4	5	6 <i>Alcohol Screening Day</i>	7 <i>World Health Day</i>	8
9	10	11	12	13	14 <i>International Moment of Laughter Day</i>	15
16	17	18 <i>Parkinson's Awareness Week (April 18-24)</i>	19	20	21	22
23	24	25	26	27	28	29
30 <i>Infertility Awareness Week (April 23-29) Medical Fitness Week (April 23-29) Air Quality Awareness Week (April 24-28)</i>			<i>Infant Immunization Week (April 26- May 3)</i>			

APRIL EVENTS

Alcohol Awareness Month
 Autism Awareness Month
 Child Abuse Prevention Month
 Distracted Driving Awareness Month
 Minority Health Month
 Sexual Assault Awareness Month
 Sports Eye Safety Awareness Month
 STI Awareness Month
 Stress Awareness Month

MAY EVENTS

Arthritis Awareness Month
 Asthma & Allergy Awareness Month
 Better Sleep Month
 Healthy Vision Month/UV Awareness Month
 High Blood Pressure Education Month
 Lupus Awareness Month
 Melanoma/Skin Cancer Detection & Prevention 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



May 2017



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

MAY EVENTS

Arthritis Awareness Month
 Asthma & Allergy Awareness Month
 Better Sleep Month
 Healthy Vision Month/UV Awareness Month
 High Blood Pressure Education Month
 Lupus Awareness Month
 Melanoma/Skin Cancer Detection & Prevention 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



June 2017



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				1	2	3
				<i>CPR & AED Awareness Week (June 1-7)</i>		
4 <i>Cancer Survivors Day</i>	5	6	7	8	9	10
11	12 <i>Men's Health Week (June 12-18)</i>	13	14 <i>World Blood Donor Day</i>	15	16	17
18 <i>National Lightning Safety Awareness Week (June 18-24)</i>	19 <i>World Sickle Cell Day</i>	<i>42nd Annual National Wellness Conference (June 19-21)</i>		22	23	24
25	26	27 <i>National HIV Testing Day</i>	28	29	30	

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
<i>Every Body Deserves a Massage Week (July 16-22)</i>						
23	24	25	26	27	28	29
30	31					

JULY EVENTS

Juvenile Arthritis Awareness Month
 Park & Recreation Month
 UV Safety Month

AUGUST EVENTS

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



*World
 Hepatitis Day*

August 2017



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<i>Minority Donor Awareness Week (August 1-7)</i> <i>World Breastfeeding Week (August 1-7)</i>				
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		

AUGUST EVENTS

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

SEPTEMBER EVENTS

Childhood Obesity 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 2017



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

SEPTEMBER EVENTS

Childhood Obesity 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

OCTOBER EVENTS

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

AIPM PRODUCTS OF INTEREST FOR OCTOBER

Dental Health Permafold®
 Minding Your Mental Health Guide
 BSE & TSE Shower Cards



October 2017



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

OCTOBER EVENTS

Breast Cancer Awareness Month
 Bullying Prevention Month
 Eye Injury Prevention Month
 Dental Hygiene Month
 Domestic Violence Awareness Month
 Down Syndrome Awareness Month
 Home Eye Safety 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®



November 2017



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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
		<i>World Diabetes Day</i>		<i>Great American Smokeout</i>	<i>Survivors of Suicide Day</i>	
19	20	21	22	23	24	25
	<i>Gastroesophageal Reflux Disease Awareness Week (November 20-26)</i>					
26	27	28	29	30		
<i>Tie One On for Safety Campaign (November 23- January 1)</i>						

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 Gifts Month

AIPM PRODUCTS OF INTEREST FOR DECEMBER


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



December 2017



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
		<i>International Volunteer Day</i>			<i>World AIDS Day</i>	
10	11	12	13	14	15	16
<i>Human Rights Day</i>						
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 Gifts 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

