



JANUARY

Happy New Year!

- 01 | New Years
- 14 | Clean Off Your Desk Day
- 21 | Martin Luther King Jr Day
- 21 | National Hug Day
- 20-26 | National Activity Professionals Week
- 24 | National Compliment Day
- 28 | National Fun at Work Day
- 28 | Data Privacy Day

FEBRUARY

American Heart & Black History Month

- 02 | Groundhog Day
- 03 | Super Bowl LIII
- 05 | Chinese New Year #YearOfThePig
- 10-16 | National Cardiac Rehabilitation Week
- 14 | Valentine's Day
- 14-21 | Alzheimer's Disease & Dementia Care Staff Education Week
- 17 | Random Acts of Kindness Day
- 18 | Presidents Day

MARCH

National Nutrition Month

- 01 | Employee Appreciation Day
- 05 | Mardi Gras
- 08 | International Women's Day
- 10-16 | National Pulmonary Rehabilitation Week
- 17 | St. Patrick's Day
- 19 | Certified Nurses Day
- 20 | First Day of Spring
- 30 | National Doctor's Day

APRIL

Stress Awareness & National Volunteer Month

- 01 | April Fools
- 02 | World Autism Awareness Day
- 07 | World Health Day
- 15 | Tax Day
- 19 | Good Friday
- 21 | Easter
- 22 | Earth Day
- 24 | Administrative Professionals Day

MAY

National Military Appreciation Month

- 05 | Cinco de Mayo
- 06 | Nurses Day
- 6-12 | National Hospital Week
- 8 | National Receptionist Day
- 12 | Mother's Day
- 12-18 | National Nursing Home Week
- 23 | World Turtle Day
- 27 | Memorial Day

JUNE

National Safety & Men's Health Month

- 05 | World Environment Day
- 08 | National Best Friends Day
- 11 | National Making Life Beautiful
- 14 | World Blood Donor Day & National Flag Day
- 13-19 | National Nursing Assistants' Week
- 16 | Fathers Day
- 21 | First Day of Summer & National Selfie Day
- 27 | National Sunglasses Day

JULY

National Grilling Month

- 01 | National Postal Worker Day
- 04 | Independence Day
- 07 | World Chocolate Day
- 11 | National Cheer Up the Lonely Day
- 21 | National Ice-Cream Day
- 18 | Nelson Mandela International Day
- 27 | National Dance Day
- 28 | Parents' Day

AUGUST

Happiness Happens Month

- 01 | National Girlfriend Day
- 04 | International Day of Friendship
- 09 | National Book Lovers Day
- 13 | International Left-handers Day
- 15 | National Relaxation Day
- 16 | National Tell a Joke Day
- 19 | World Humanitarian Day
- 21 | National Seniors Day

SEPTEMBER

National Self-Care Awareness Month

- 02 | Labor Day
- 08 | Grandparents Day
- 8-14 | National Assisted Living Week
- 11 | Remembering 9/11
- 21-27 | National Rehabilitation Awareness Week
- 23 | First Day of Fall
- 22-28 | Active Aging Week
- 29 | National Coffee Day

OCTOBER

National Breast Cancer Awareness Month

- 03 | National Boyfriend Day
- 6-12 | National Healthcare Food Service Week
- 9 | Emergency Nurses Day
- 14 | Columbus Day
- 16 | Boss's Day
- 18 | National Mammography Day
- 22 | National Color Day
- 31 | Halloween

NOVEMBER

National Alzheimer's Disease & Diabetes Awareness Month

- 01 | National Family Literacy Day
- 03 | Daylight Savings Time End
- 06 | National Stress Awareness Day
- 11 | Veterans Day
- 13 | World Kindness Day
- 14 | World Diabetes Day
- 28 | Thanksgiving
- 30 | Small Business Saturday

DECEMBER

Say Good-bye to 2019!

- 22-30 | Hanukkah
- 03 | Giving Tuesday
- 10 | International Human Rights Day
- 15 | International Tea Day
- 21 | First Day of Winter
- 25 | Christmas
- 26-Jan 1 | Kwanzaa
- 31 | NYE