

Independence 

2020

WELLNESS
CALENDAR

That's Medicare that cares back.

2020

Calendar Observances

January

Cervical Health Awareness Month
National Glaucoma Awareness Month
Thyroid Awareness Month

February

American Heart Month
Low Vision Awareness Month
National Cancer Prevention Month
Wise Health Care Consumer Month

March

Hemophilia Awareness Month
National Colorectal Cancer Awareness Month
National Kidney Month
National Nutrition Month®
Save Your Vision Month

April

National Minority Health Month
Oral Cancer Awareness Month
Stress Awareness Month
Women's Eye Health and Safety Awareness Month

May

Arthritis Awareness Month
Hepatitis Awareness Month
Mental Health Awareness Month
National High Blood Pressure Education Month
National Osteoporosis Month
National Stroke Awareness Month
Skin Cancer Awareness Month

June

Alzheimer's & Brain Awareness Month
Cataract Awareness Month
Men's Health Month
Migraine and Headache Awareness Month
National Safety Month

July

UV Safety Month

August

National Immunization Awareness Month

September

Healthy Aging® Month
Ovarian Cancer Awareness Month
Pain Awareness Month
Prostate Cancer Awareness Month
Whole Grains Month
World Alzheimer's Month

October

Domestic Violence Awareness Month
Health Literacy Month
National Breast Cancer Awareness Month
National Dental Hygiene Month
National Physical Therapy Month
Sudden Cardiac Arrest Awareness Month

November

American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eyes Disease Awareness Month
Lung Cancer Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Hospice and Palliative Care Month
Stomach Cancer Awareness Month

December

International AIDS Awareness Month

2020

At A Glance

January

29	30	31	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	1
2	3	4	5	6	7	8

February

26	27	28	29	30	31	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
1	2	3	4	5	6	7

March

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	1	2	3	4
5	6	7	8	9	10	11

April

29	30	31	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	1	2
3	4	5	6	7	8	9

May

26	27	28	29	30	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	1	2	3	4	5	6

June

31	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	1	2	3	4
5	6	7	8	9	10	11

July

28	29	30	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	1
2	3	4	5	6	7	8

August

26	27	28	29	30	31	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	1	2	3	4	5

September

30	31	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	1	2	3
4	5	6	7	8	9	10

October

27	28	29	30	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
1	2	3	4	5	6	7

November

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	1	2	3	4	5
6	7	8	9	10	11	12

December

29	30	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	1	2
3	4	5	6	7	8	9

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr. Day of Service	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8



HEALTHY EATS

[Foil-Pack Mediterranean Salmon](#)



MONTHLY OBSERVANCES

[Cervical Health Awareness Month](#)
[National Glaucoma Awareness Month](#)
[Thyroid Awareness Month](#)

Take a look!

[Manage Your Health Like a Pro](#)

• [Point, Click, Discover](#)

Independence

FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 World Cancer Day	5	6	7 National Wear Red Day	8
9	10	11	12	13	14 Valentine's Day	15
16	17 President's Day	18	19	20	21	22
23	24	25	26	27	28	29
1	2	3	4	5	6	7



HEALTHY EATS

[Butternut Squash & Apple Soup](#)



MONTHLY OBSERVANCES

- [American Heart Month](#)
- [Low Vision Awareness Month](#)
- [National Cancer Prevention Month](#)
- [Wise Health Care Consumer Month](#)

Take a look!

[Saving Money: One Prescription at a Time](#) • [Heart Medication 101](#)

MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Sleep Awareness Week	2 Don't forget your colorectal cancer screening!	3	4	5	6	7
8 Daylight Saving Time begins	9	10	11	12 World Kidney Day	13	14
15	16	17 St. Patrick's Day	18	19	20	21
22	23	24 American Diabetes Alert Day	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11



HEALTHY EATS

[Frozen Berry and Yogurt Treats](#)



MONTHLY OBSERVANCES

[Hemophilia Awareness Month](#)
[National Colorectal Cancer Awareness Month](#)
[National Kidney Month](#)
[National Nutrition Month®](#)
[Save Your Vision Month](#)

Take a look!

[PCP, Urgent Care, or ER: Where Should You Turn for Care?](#) • [6 Tips for Better Sleep](#)

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 April Fool's Day	2	3	4
5	6	7 World Health Day	8	9	10	11
12	13	14 International Moment of Laughter Day	15 Don't forget to schedule a preventive screening appointment!	16 National Healthcare Decisions Day	17	18
19 National Volunteer Week	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9



HEALTHY EATS

[Chocolate Coconut Trail Mix](#)



MONTHLY OBSERVANCES

[National Minority Health Month](#)

[Oral Cancer Awareness Month](#)

[Stress Awareness Month](#)

[Woman's Eye Health and Safety Awareness Month](#)

Take a look!

[Great Mindfulness](#) • [The Amazing Healing Powers of Art](#)

Independence 

MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3 Blue Cross Broad Street Run	4 Don't forget your DEXA screening!	5	6	7	8	9
10 Mother's Day National Women's Health Week	11	12	13	14	15	16
17 Get your blood pressure checked! World Hypertension Day	18	19	20	21	22	23
24	25 Memorial Day	26	27 National Senior Health & Fitness Day®	28	29	30
31	1	2	3	4	5	6



HEALTHY EATS

[Spring Salad with Buttermilk Dressing](#)



MONTHLY OBSERVANCES

[Arthritis Awareness Month](#)
[Hepatitis Awareness Month](#)
[Mental Health Awareness Month](#)
[National High Blood Pressure Education Month](#)
[National Osteoporosis Month](#)
[National Stroke Awareness Month](#)
[Skin Cancer Awareness Month](#)

Take a look!

[Balance-Boosting Workout](#) • [3 Ways to Support Bone Health](#)


Independence

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7 National Cancer Survivors Day	8	9	10	11	12	13
14	15 Men's Health Week	16	17	18	19	20
21 Father's Day	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11


HEALTHY EATS

[Open-Face BLT](#)


MONTHLY OBSERVANCES

[Alzheimer's & Brain Awareness Month](#)
[Cataract Awareness Month](#)
[Men's Health Month](#)
[Migraine and Headache Awareness Month](#)
[National Safety Month](#)

Take a look!

[The Grocer is In](#) • [Brain Games](#)

Independence 

JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4 Independence Day
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	1
2	3	4	5	6	7	8



HEALTHY EATS

[Quick Summer Salad](#)



MONTHLY OBSERVANCES

[UV Safety Month](#)

Take a look!

[Skin Cancer: What You Need to Know](#) • [15 Ways to Use the Healthiest Summer Produce](#)

Independence

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Don't forget your flu shot!	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	1	2	3	4	5



HEALTHY EATS

[Fresh Guacamole](#)



MONTHLY OBSERVANCES

[National Immunization Awareness Month](#)

Take a look!

[Pick the Best Sunscreen](#) • [Create Friendships That Last](#)


Independence

SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2 Don't forget your fall risk screening!	3	4	5
6	7 Labor Day	8	9	10 World Suicide Prevention Day	11	12
13	14	15	16	17	18	19
20	21	22	23 Falls Prevention Awareness Day	24	25	26
27	28	29 World Heart Day	30 National Women's Health & Fitness Day	1	2	3
4	5	6	7	8	9	10



HEALTHY EATS
[Baked Cod with Mediterranean Salsa](#)



MONTHLY OBSERVANCES
[Healthy Aging® Month](#)
[Ovarian Cancer Awareness Month](#)
[Pain Awareness Month](#)
[Prostate Cancer Awareness Month](#)
[Whole Grains Month](#)
[World Alzheimer's Month](#)

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 International Day of Older Persons	2	3
4 Mental Illness Awareness Week	5 Don't forget your mammogram!	6	7	8 National Depression Screening Day	9	10
11	12 Columbus Day	13	14	15 Global Handwashing Day Annual Election Period Begins	16	17
18	19 National Health Education Week	20 Schedule a bone density test! World Osteoporosis Day	21	22	23	24 National Make a Difference Day
25	26	27	28	29 World Stroke Day	30	31 Halloween
1	2	3	4	5	6	7



HEALTHY EATS

[Pumpkin Muffins](#)



MONTHLY OBSERVANCES

[Domestic Violence Awareness Month](#)
[Health Literacy Month](#)
[National Breast Cancer Awareness Month](#)
[National Dental Hygiene Month](#)
[National Physical Therapy Month](#)
[Sudden Cardiac Arrest Awareness Month](#)

Take a look!

[8 Tips for a Healthier Fall](#)

• [Your Body and Breast Cancer: Self-Care Tips](#)

Independence

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time ends	2	3	4	5	6	7
8	9	10	11 Veterans Day	12	13 World Kindness Day	14 Schedule an A1c exam! World Diabetes Day
15	16	17	18	19 The Great American Smokeout®	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12



HEALTHY EATS

[Baked Stuffed Apples](#)



MONTHLY OBSERVANCES

[American Diabetes Month](#)
[Bladder Health Month](#)
[COPD Awareness Month](#)
[Diabetic Eye Disease Awareness Month](#)
[Lung Cancer Awareness Month](#)
[National Family Caregivers Month](#)
[National Healthy Skin Month](#)
[National Hospice and Palliative Care Month](#)
[Stomach Cancer Awareness Month](#)

Take a look!

[Why Friendships Matter with COPD](#)

• [Take Care of Yourself, Too](#)

Independence

DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 World AIDS Day	2	3	4	5
6	7 Annual Election Period Ends	8	9	10 Human Rights Day	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 New Year's Eve	1	2
3	4	5	6	7	8	9



HEALTHY EATS

[Slow Cooker](#)
[Winter Vegetable Soup](#)



MONTHLY OBSERVANCES

[International AIDS Awareness Month](#)

Take a look!

[3 Cardio Moves to Strengthen Your Heart](#) • [6 Winter Safety Tips](#)

Independence

Health and wellness information

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