

2018 Well-Being Activity Planner

Provided by the American Institute for Preventive Medicine





The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your 2018 wellness events. The Institute is one of the first 5 companies to receive URAC Accreditation for Comprehensive Wellness.



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.

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 Well-Being Activity Planner to anyone who may find it beneficial.

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

2018 Calendar: This Year at a Glance

JANUARY 2018

S	M	T	W	Th	F	S
	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			

JULY 2018

S	M	T	W	Th	F	S
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				

FEBRUARY 2018

S	M	T	W	Th	F	S
				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			

AUGUST 2018

S	M	T	W	Th	F	S
			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	

MARCH 2018

S	M	T	W	Th	F	S
				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

SEPTEMBER 2018

S	M	T	W	Th	F	S
						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						

APRIL 2018

S	M	T	W	Th	F	S
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					

OCTOBER 2018

S	M	T	W	Th	F	S
	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			

MAY 2018

S	M	T	W	Th	F	S
		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		

NOVEMBER 2018

S	M	T	W	Th	F	S
					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

JUNE 2018

S	M	T	W	Th	F	S
					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

DECEMBER 2018

S	M	T	W	Th	F	S
						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					



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January 2018



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

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February 2018



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 <i>Give Kids a Smile® Day</i> <i>Wear Red Day</i>	3
4	5	6	7 <i>Girls & Women in Sports Day</i> <i>Congenital Heart Defect Awareness Week (February 7-14)</i>	8	9	10
11 <i>Cardiac Rehabilitation Week (February 11-17)</i> <i>Random Acts of Kindness Week (February 11-17)</i>	12	13	14	15	16	17
18	19	20	21	22 <i>World Thinking Day</i>	23	24
25	26	27 <i>Eating Disorders Awareness Week (February 27- March 5)</i>	28 <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 Awareness Month
 Colorectal Cancer Awareness Month
 Endometriosis Awareness Month
 Kidney Month
 Multiple Sclerosis Awareness Month
 Nutrition Month
 Problem Gambling Awareness Month
 Save Your Vision Month
 Workplace Eye Health & Safety Month

AIPM PRODUCTS OF INTEREST FOR MARCH

Healthy Eating Permafold®
 Self-Care Guides
 ER Do's & Dont's/First Aid WiseGuide
 HealthyLife® Newsletter
 Eating & Exercise Tracker

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March 2018



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

MARCH EVENTS

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

APRIL EVENTS

- Alcohol Awareness Month
- Autism Awareness Month
- Child Abuse Prevention Month
- Humor Month
- Minority Health Month
- Sexual Assault Awareness Month
- STI Awareness Month
- Stress Awareness Month
- Testicular Cancer Awareness Month

AIPM PRODUCTS OF INTEREST FOR APRIL

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



April 2018



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

APRIL EVENTS

- Alcohol Awareness Month
- Autism Awareness Month
- Child Abuse Prevention Month
- Humor Month
- Minority Health Month
- Sexual Assault Awareness Month
- STI Awareness Month
- Stress Awareness Month
- Testicular Cancer Awareness Month

MAY EVENTS

- Arthritis Awareness Month
- Asthma & Allergy Awareness Month
- Better Sleep Month
- Healthy Vision Month
- Hepatitis Awareness Month
- High Blood Pressure Education Month
- Lupus Awareness Month
- Melanoma/Skin Cancer Awareness 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 2018



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 <i>Project Aces Day</i>	3	4	5
		<i>Physical Education & Sports Week (May 1-7)</i>				<i>Hand Hygiene Day</i>
6	7	8	9	10	11	12
<i>Nurses Week (May 6-12)</i>		<i>Hurricane Preparedness Week (May 7-13)</i>		<i>Children's Mental Health Awareness Day</i>		
13	14	15	16	17	18	19
<i>Women's Health Week (May 13-19)</i>		<i>Bike to Work Week (May 14-18)</i>		<i>Employee Health & Fitness Day</i>	<i>Bike to Work Day</i>	
20	21	22	23	24	25	26
<i>World Autoimmune Arthritis Day</i>						
27	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
- Hepatitis Awareness Month
- High Blood Pressure Education Month
- Lupus Awareness Month
- Melanoma/Skin Cancer Awareness 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


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June 2018



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 <i>National Trails Day</i>
					<i>CPR & AED Awareness Week (June 1-7)</i>	
3 <i>Cancer Survivors Day</i>	4	5	6	7	8	9
10	11 <i>Men's Health Week (June 11-17)</i>	12	13	14 <i>World Blood Donor Day</i>	15	16
17	18	19 <i>World Sickle Cell Day</i>	20	21	22	23 <i>43rd Annual National Wellness Conference (June 18-20)</i>
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
<i>Every Body Deserves a Massage Week (July 15-21)</i>						
22	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*

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August 2018



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

AUGUST EVENTS

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

SEPTEMBER EVENTS

Childhood Obesity Awareness Month
 Cholesterol Education 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®


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September 2018



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

SEPTEMBER EVENTS

Childhood Obesity Awareness Month
 Cholesterol Education 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
 Depression/Mental Health Screening Month
 Dental Hygiene Month
 Domestic Violence Awareness Month
 Down Syndrome Awareness Month
 Liver Awareness 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 2018



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

OCTOBER EVENTS

Breast Cancer Awareness Month
 Bullying Prevention Month
 Depression/Mental Health Screening Month
 Dental Hygiene Month
 Domestic Violence Awareness Month
 Down Syndrome Awareness Month
 Liver Awareness 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®

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November 2018



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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
	<i>World Pneumonia Day</i>		<i>World Diabetes Day</i>	<i>Great American Smokeout</i>		<i>Survivors of Suicide Day</i>
18	19	20	21	22	23	24
	<i>Gastroesophageal Reflux Disease Awareness Week (November 19-25)</i>					
25	26	27	28	29	30	Download Our Catalog Here
<i>Mothers Against Drunk Driving (MADD) Tie One On for Safety Campaign (November 22- 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 2018



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
	2	3	4	5	6	7
<i>Influenza Vaccination Week (December 2-8)</i> <i>Hand Washing Awareness Week (December 2-8)</i>			<i>International Volunteer Day</i>			8
9	10	11	12	13	14	15
	<i>Human Rights Day</i>					
16	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

