

AIPM Wellness Activity Planner

Schedule Your Activities & Events

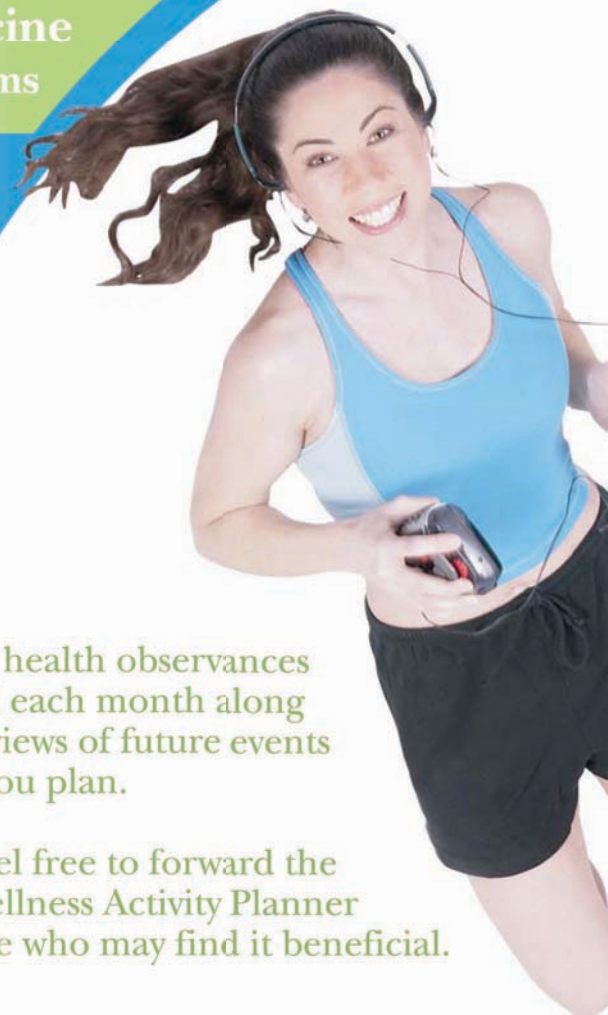


provided by the
American Institute for Preventive Medicine
North America's Leading Developer of Self-Care & Wellness Programs



We have developed this calendar/planner to help you plan your 2006 wellness events. Many health promotion and benefits professionals like to hold wellness activities based on national health observances. This can increase employee/member interest and participation.

2006



National health observances are listed each month along with previews of future events to help you plan.

Please feel free to forward the AIPM Wellness Activity Planner to anyone who may find it beneficial.



For product samples to help with these events, contact:
30445 Northwestern Hwy, Suite 350 | 1-800-345-2476 or 248-539-1800
Farmington Hills, MI 48334 | www.HealthyLife.com

AIPM Wellness Activity Planner

2006

January 2006



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
New Year's Day						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	Martin Luther King Day					
Healthy Weight Week • Healthy Weight Week • Healthy Weight Week • Healthy Weight Week • Healthy Weight Week						
22	23	24	25	26	27	28
29	30	31				

This Month's Events

- Cataract Awareness Month
- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- National Volunteer Blood Donor Month

Events Next Month

- Heart Heart Month
- Cancer Prevention Month
- Children's Dental Health Month
- Condom Month
- Wise Health Consumer Month
- Child Passenger Safety Awareness Week
- Cardiac Rehabilitation Week
- Eating Disorders Awareness Week

Events in 2 Months

- American Red Cross Month
- Hemophilia Month
- Colorectal Cancer Awareness Month
- Developmental Disabilities Awareness Month
- Kidney Month
- Nutrition Month
- Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health & Safety Month
- Collegiate Health & Wellness Week
- Pulmonary Rehabilitation Week
- Poison Prevention Week
- Sleep Awareness Week
- American Diabetes Alert Day



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2006

February 2006



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				Ground Hog Day		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Lincoln's Birthday	Random Acts of Kindness Week • Random Acts of Kindness Week • Random Acts of Kindness Week					
National Cardiac Rehabilitation Week • National Cardiac Rehabilitation Week • National Cardiac Rehabilitation Week		Valentine's Day				
National Child Passenger Safety Awareness Week • National Child Passenger Safety Awareness Week						
19	20	21	22	23	24	25
Random Acts of Kindness Week	President's Day		Washington's Birthday			
26	27	28				
National Eating Disorders Awareness Week		Mardi Gras				

This Month's Events

Heart Heart Month
 National Cancer Prevention Month
 National Children's Dental Month
 National Condom Month
 Wise Health Consumer Month

Events in 2 Months

Humor Month
 Alcohol Awareness Month
 Cancer Control Month
 Child Abuse Prevention Month
 Minority Health & Health Disparities Month
 Youth Sports Safety Month
 Sexual Assault Awareness Month
 Women's Eye Health & Safety Month
 Youth Violence Prevention Week
 Public Health Week
 Minority Cancer Awareness Week
 Infant Immunization Week
 Volunteer Week
 Alcohol-Free Weekend
 Kick Butts Day
 Alcohol Screening Day
 World Health Day



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March 2006



SUN MON TUE WED THU FRI SAT

1 2 3 4

Ash Wednesday
National Eating Disorders Awareness Week

5 6 7 8 9 10 11

National Collegiate Health & Wellness Week • National Collegiate Health & Wellness Week

12 13 14 15 16 17 18

St. Patrick's Day

National Pulmonary Rehabilitation Week • National Pulmonary Rehabilitation Week • National Pulmonary Rehabilitation Week

19 20 21 22 23 24 25

Spring Equinox

National Poison Prevention Week • National Poison Prevention Week • National Poison Prevention Week

26 27 28 29 30 31

American
Diabetes
Alert Day

National Sleep Awareness Week • National Sleep Awareness Week • National Sleep Awareness Week

This Month's Events

- Kidney Month
- Nutrition Month
- American Red Cross Month
- Hemophilia Month
- Colorectal Cancer Awareness Month
- Developmental Disabilities Awareness Month
- Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health & Safety Month

Events in 2 Months

- Better Sleep Month
- Clean Air Month
- Correct Posture Month
- Hepatitis Awareness Month
- Healthy Vision Month
- Arthritis Month
- Bike Month
- Asthma & Allergy Awareness Month
- High Blood Pressure Education Month
- Mental Health Month
- Physical Fitness & Sports Month
- Stroke Awareness Month
- Teen Pregnancy Prevention Month
- Older Americans Month
- Osteoporosis Awareness & Prevention Month
- Melanoma/Skin Cancer Detection & Prevention Month
- North American Occupational Safety & Health Week
- Physical Education & Sports Week
- SAFE KIDS Week
- Buckle Up America! Week
- Hospital Week
- Women's Health Week
- World Red Cross Day
- Employee Health & Fitness Day
- Senior Health & Fitness Day
- World No Tobacco Day

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April 2006



SUN MON TUE WED THU FRI SAT

1

April Fool's Day

2 3 4 5 6 7 8

Kick Butts Day

National Alcohol Screening Day

World Health Day

Alcohol-Free Weekend

National Youth Violence Prevention Week • National Youth Violence Prevention Week

National Public Health Week • National Public Health Week • National Public Health Week

Daylight Savings Time Begins

9 10 11 12 13 14 15

Alcohol-Free Weekend

Passover

Good Friday

16 17 18 19 20 21 22

Easter Sunday

National Minority Cancer Awareness Week • National Minority Cancer Awareness Week

Earth Day

23 24 25 26 27 28 29

Secretaries Day

National Infant Immunization Week • National Infant Immunization Week • National Infant Immunization Week

National Volunteer Week • National Volunteer Week • National Volunteer Week • National Volunteer Week

30

This Month's Events

- Humor Month
- Cancer Control Month
- Alcohol Awareness Month
- Youth Sports Safety Month
- Sexual Assault Awareness Month
- Child Abuse Prevention Month
- Women's Eye Health & Safety Month
- Minority Health & Health Disparities Month

Events in 2 Months

- Fireworks Safety Month
- Home Safety Month
- Headache Awareness Month
- Men's Health Week

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May 2006

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	National Physical Education & Sports Week • National Physical Education & Sports Week				Cinco de Mayo	National SAFE KIDS Week
	North American Occupational Safety & Health Week • North American Occupational Safety & Health Week					
7	8	9	10	11	12	13
Mother's Day Physical Education & Sports Week	World Red Cross Day National Hospital Week • National Hospital Week • National Hospital Week • National Hospital Week					
National SAFE KIDS Week • National SAFE KIDS Week • National SAFE KIDS Week						
14	15	16	17	18	19	20
National Hospital Week Women's Health Week • Women's Health Week • Women's Health Week • Women's Health Week • Women's Health Week			National Employee Health & Fitness Day			Armed Forces Day
21	22	23	24	25	26	27
Buckle-Up America! Week • Buckle-Up America! Week • Buckle-Up America! Week • Buckle-Up America! Week						
28	29	30	31			
	Memorial Day		World No Tobacco Day National Senior Health & Fitness Day			

This Month's Events

- Bike Month
- Arthritis Month
- Better Sleep Month
- Clean Air Month
- Correct Posture Month
- Hepatitis Awareness Month
- Healthy Vision Month
- Mental Health Month
- High Blood Pressure Education Month
- Asthma & Allergy Awareness Month
- Physical Fitness & Sports Month
- Stroke Awareness Month
- Teen Pregnancy Prevention Month
- Older Americans Month
- Osteoporosis Awareness & Prevention Month
- Melanoma/Skin Cancer Detection & Prevention

Events in 2 Months

- Fireworks Safety Month
- Therapeutic Recreation Week
- International Massage Week



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June 2006



SUN MON TUE WED THU FRI SAT

1 2 3

4 5 6 7 8 9 10

National Headaches Awareness Week • National Headaches Awareness Week • National Headaches Awareness Week

11 12 13 14 15 16 17

Flag Day

National Men's Health Week • National Men's Health Week • National Men's Health Week

18 19 20 21 22 23 24

Father's Day

National Men's Health Week

Summer Solstice

25 26 27 28 29 30

This Month's Events

Fireworks Safety Month
Home Safety Month
Headache Awareness Month

Events in 2 Months

Medic Alert Awareness Month
National Immunization Awareness Month
Eye Injury Prevention Month



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July 2006



SUN MON TUE WED THU FRI SAT

1

2 3 4 5 6 7 8

Independence Day

9 10 11 12 13 14 15

National Therapeutic Recreation Week • National Therapeutic Recreation Week • National Therapeutic Recreation Week

16 17 18 19 20 21 22

International Massage Week • International Massage Week • International Massage Week • International Massage Week

23 24 25 26 27 28 29

Parent's Day

30 31

This Month's Events

Fireworks Safety Month
Home Safety Month

Events in 2 Months

Baby Safety Awareness Month
Children's Eye Health & Safety Month
Heathy Aging™ Month
Alcohol & Drug Addiction Recovery Month
Cholesterol Education Awareness Month
Food Safety Education Month
Sickle Cell Awareness Month
Prostate Health Month
Childhood Injury Prevention Week
Suicide Prevention Week
Prostate Cancer Awareness Week
Adult Immunization Awareness Week
Active Aging Week
Women's Health & Fitness Day
Family Health & Fitness Day USA



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August 2006

SUN	MON	TUE	WED	THU	FRI	SAT
		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		

This Month's Events

Eye Injury Prevention Month
 Medic Alert Awareness Month
 National Immunization Awareness Month

Events in 2 Months

Children's Health Month
 Domestic Violence Awareness Month
 Health Literacy Month
 Healthy Babies Month
 Healthy Lung Month
 AIDS Awareness Month
 Breast Cancer Awareness Month
 Crime Prevention Month
 Dental Hygiene Month
 Depression Screening Month
 Spinal Health Month
 Talk About Prescriptions Month
 Mental Illness Awareness Month
 Sudden Infant Death Syndrome (SIDS) Awareness Month
 Collegiate Alcohol Awareness Week
 Health Education Week
 Fire Prevention Week
 Massage Therapy Week
 Respiratory Care Week
 World Mental Health Day
 World Osteoporosis Day
 Mammography Day
 Make a Difference Day
 Child Health Day
 Depression Screening Day



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September

2006

SUN MON TUE WED THU FRI SAT

1

2

National Childhood Injury Prevention Week

3 4 5 6 7 8 9

Labor Day

National Childhood Injury Prevention Week • National Childhood Injury Prevention Week

10 11 12 13 14 15 16

Grandparents Day

Stepfamily Day

Suicide Prevention Week • Suicide Prevention Week • Suicide Prevention Week • Suicide Prevention Week

17 18 19 20 21 22 23

Citizenship Day

Autumnal Equinox

Rosh Hashanah

Prostate Cancer Awareness Week • Prostate Cancer Awareness Week • Prostate Cancer Awareness Week

24 25 26 27 28 29 30

National Women's Health & Fitness Day

Family Health & Fitness Day USA

Ramadan

Active Aging Week • Active Aging Week • Active Aging Week • Active Aging Week

National Adult Immunization Awareness Week • National Adult Immunization Awareness Week

This Month's Events

- Baby Safety Awareness Month
- Food Safety Education Month
- Sickle Cell Awareness Month
- Prostate Health Month
- Healthy Aging™ Month
- Children's Eye Health & Safety Month
- Cholesterol Education Awareness Month
- Alcohol & Drug Addiction Recovery Month

Events in 2 Months

- American Diabetes Month
- Great American Smokeout Month
- National Child Mental Health Month
- Family Caregivers Month
- Healthy Skin Month
- Family Week
- World Kindness Week
- Great American Smokeout Day
- Family Health History Day



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October 2006

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Yom Kippur Child Health Day	3	4	5 National Depression Screening Day	6	7
National Mental Illness Awareness Month • National Mental Illness Awareness Month • National Mental Illness Awareness Month						
8	9 Columbus Day	10 World Mental Health Day	11	12	13	14
National Fire Prevention Week • National Fire Prevention Week • National Fire Prevention Week						
15	16 Boss's Day	17	18	19	20 Mammography Day Osteoporosis Day	21
National Health Education Week • National Health Education Week • National Health Education Week						
National Collegiate Alcohol Awareness Week • National Collegiate Alcohol Awareness Week						
22	23	24	25	26	27	28 Make a Difference Day
National Health Education Week						
National Respiratory Care Week • National Respiratory Care Week • National Respiratory Care Week						
National Massage Therapy Week • National Massage Therapy Week • National Massage Therapy Week						
29	30 Daylight Savings Time Ends	31 Halloween				

This Month's Events

- Children's Health Month
- Health Literacy Month
- Healthy Babies Month
- Healthy Lung Month
- Spinal Health Month
- AIDS Awareness Month
- Breast Cancer Awareness Month
- Crime Prevention Month
- Dental Hygiene Month
- Domestic Violence Awareness
- Depression Screening Month
- Talk About Prescriptions Month
- Mental Illness Awareness Month
- Sudden Infant Death Syndrome Month

Events in 2 Months

- Safe Toys & Gift Month
- Drunk & Drugged Driving Prevention Month
- Hand Washing Awareness Week
- World Aids Day



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2006



November 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			All Saints Day			
5	6	7	8	9	10	11
		Election Day				Veteran's Day
12	13	14	15	16	17	18
				Great American Smokeout		
	World Kindness Week • World Kindness Week • World Kindness Week • World Kindness Week					
19	20	21	22	23	24	25
World Kindness Week				Thanksgiving National Family Health History Day		
National Family Week • National Family Week • National Family Week • National Family Week • National Family Week						
26	27	28				

This Month's Events

American Diabetes Month
 Great American Smokeout Month
 National Child Mental Health Month
 Family Caregivers Month
 Healthy Skin Month

Events in 2 Months

Cataract Awareness Month
 Cervical Health Awareness Month
 Birth Defects Prevention Month
 Glaucoma Awareness Month
 Volunteer Blood Donor Month
 Healthy Weight Week



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2006



December

2006

SUN	MON	TUE	WED	THU	FRI	SAT
					1 World Aids Day	2
3	4	5	6	7	8	9
National Hand Washing Awareness Week • National Hand Washing Awareness Week • National Hand Washing Awareness Week						
10	11	12	13	14	15	16
						First Day Hanukkah
17	18	19	20	21	22	23
				Winter Solstice		Last Day Hanukkah
24	25	26	27	28	29	30
Christmas Eve						
31 New Year's Eve Day	Christmas	Kwanzaa				

This Month's Events

Safe Toys & Gift Month
Drunk & Drugged Driving Prevention Month

Events Next Month

Cataract Awareness Month
Cervical Health Awareness Month
Birth Defects Prevention Month
Glaucoma Awareness Month
Volunteer Blood Donor Month
healthy Weight Week

Events in 2 Months

Heart Heart Month
Cancer Prevention Month
Children's Dental Health Month
Condom Month
Wise Health Consumer Month
Child Passenger Safety Awareness Week
Cardiac Rehabilitation Week
Eating Disorders Awareness Week



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