

# **1 Communications Calendar month by month**

- January is “no smoking” month
- February is “heart health” month
- March is “healthy nutrition” month
- April is “dental health” month
- May is “injury prevention” month
- June is “elder’s health” month
- July is “physical activity” month
- August is “reproductive and sexual health” month
- September is “healthy schools” month
- October is “cancer awareness” month
- November is “diabetes prevention” month
- December is “mental health, addictions and violence prevention” month

## **2 Calendar by program**

### **2.1 AWASH**

#### **2.1.1 Perinatal health and midwifery**

- August is “reproductive and sexual health” month

#### **2.1.2 Early childhood development**

- August is “reproductive and sexual health” month

#### **2.1.3 Sexual health**

- August is “reproductive and sexual health” month

#### **2.1.4 Breastfeeding**

- August is “reproductive and sexual health” month
  - August 1-7 is World Breastfeeding Week

#### **2.1.5 Dental health**

- April is “dental health” month

### **2.2 USCHINITSUU**

#### **2.2.1 School health**

- September is “healthy schools” month

#### **2.2.2 Mental health**

- December is “mental health, addictions and violence prevention” month
  - Including suicide prevention

#### **2.2.3 Addictions**

- December is “mental health, addictions and violence prevention” month
  - Including no drinking and driving

#### **2.2.4 Violence**

- June is “elder’s health” month
  - Including elder abuse, falls, etc.
- December is “mental health, addictions and violence prevention” month
  - December 6 is National Day of Remembrance and Action on Violence Against Women in Canada



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### **2.2.5 Diabetes and cardiovascular disease**

- February is “heart health” month
- November is “diabetes prevention” month

### **2.2.6 Nutrition**

- March is “healthy nutrition” month

### **2.2.7 Physical activity**

- July is “physical activity” month

### **2.2.8 Smoking cessation**

- January is “no smoking” month
  - National Non-Smoking Week January 18-24

### **2.2.9 Cancer prevention**

- October is “cancer awareness” month
  - October is breast cancer awareness month

### **2.2.10 Injury prevention**

- May is “injury prevention” month
  - Including gun safety, motor vehicle accidents, etc.
- June is “elder’s health” month
  - Including elder abuse, falls, etc.

Also,

July is “clean communities” month

October is “influenza immunization awareness” month