January 1–31

**Birth Defects Prevention Awareness Month (National)**

Women of childbearing age and their care providers need to know that folic acid promotes good health before, during, and after pregnancy. Daily consumption of the B vitamin folic acid beginning before pregnancy is crucial as birth defects of the brain and spine known as neural tube defects (NTDs), such as spina bifida, can occur in the early weeks following conception, often before a woman knows she is pregnant. **CONTACT:** March of Dimes | 914.428.7100 | alliances@marchofdimes.com | www.marchofdimes.org or nacersano.org

**Blood Donor Month (National)**

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather, and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation’s blood inventory at a critical low. January has been designated as National Blood Donor Month to encourage donors to give or pledge to give blood. **CONTACT:** Association of Donor Recruitment Professionals | 512.658.9414 | www.adrp.org

**Cervical Cancer Screening Month**

The Foundation for Women’s Cancer, the National Cervical Cancer Public Education Campaign, and its partner organizations promote the message that cervical cancer is preventable—vaccinate early, Pap test regularly, and HPV test when recommended. **CONTACT:** Marsha Wilson | Foundation for Women’s Cancer | 312.578.1439 | info@foundationforwomenscancer.org | www.foundationforwomenscancer.org

January 18–24

**Healthy Weight Week**

*Healthy Weight Week* celebrates healthy lifestyles that last a lifetime and prevent eating and weight problems—a welcome antidote to the dieting and bingeing that typically start the New Year. This 21st annual celebration is a time for people of all sizes to live actively, eat well, and feel good about themselves and others. On Tuesday of Healthy Weight Week, Rid the World of Fad Diets and Gimmicks Day is celebrated and the annual Slim Chance Awards are announced for the worst diet products of the year. **CONTACT:** Marsha Hudnall | Green Mountain at Fox Run | 802.228.8885 | info@fitwoman.com | www.fitwoman.com/hww

January 22:

**Women’s Healthy Weight Day**

This day honors American women of all sizes and affirms that beauty, talent, and love cannot be weighed. Winners of the Women’s Healthy Weight Day awards will be announced, recognizing businesses that portray size diversity and reject the national obsession with thinness that is shattering the lives of women, young girls, and their families. **CONTACT:** Marsha Hudnall | Green Mountain at Fox Run | 802.228.8885 | info@fitwoman.com | www.fitwoman.com/hww

January 25:

**IV Nurse Day**

Since 1981, National IV Nurse Day has honored the commitment shown and the outstanding patient care practiced by infusion nurse professionals. Contact the Infusion Nurses Society (INS) to learn more about IV Nurse Day, find out about local IV Nurse Day celebrations in your area, or search for commemorative IV Nurse Day gifts and products. **CONTACT:** INS | 781.440.9408 | info@ins1.org | www.ins1.org

November 27–December 1

**National Cervical Cancer Screening Week**

During these days, local practitioners and hospitals highlight the importance of cervical cancer screening and cervical cancer awareness.** CONTACT:** Marsha Wilson | Foundation for Women’s Cancer | 312.578.1439 | info@foundationforwomenscancer.org | www.foundationforwomenscancer.org
The warmth of the sun on your skin, the sounds of the birds in the trees—stepping outside can help anyone feel instantly better. But it turns out that the perks of greener environs reach far beyond your mood: many studies prove the incredible physiological effects of being outdoors—including increased immune activity and less perceived effort during exercise.

Experience nature’s healing touch!