2021 Pharmacy, Health and Wellness Observances

January
Cervical Health Awareness Month
National Birth Defects Prevention Month
National Blood Donor Month
National Glaucoma Awareness Month
Thyroid Awareness Month
Healthy Weight Week (17th - 23rd)

February
American Heart Month
AMD/Low Vision Awareness Month
National Cancer Prevention Month
National Children’s Dental Health Month
Wise Health Care Consumer Month
Wear Red Day (1st)

March
Brain Injury Awareness Month
National Developmental Disabilities Awareness Month
National Kidney Month
National Nutrition Month
National Colorectal Cancer Awareness Month
National Eye Donor Month
Patient Safety Awareness Week (8th-14th)
American Diabetes Alert Day (24th)

April
National Autism Awareness Month
National Alcohol Awareness Month
National Cancer Control Month
National Child Abuse Prevention Month
National Donate Life Month
Stress Awareness Month
National Minority Health Month
National Public Health Week (6th - 12th)
World Meningitis Day (24th)

May
Asthma and Allergy Awareness Month
Better Sleep Month
Correct Posture Month
Healthy Vision Month
Hepatitis Awareness Month

May (cont.)
Huntington’s Disease Awareness Month
Lupus Awareness Month
National Arthritis Awareness Month
National High Blood Pressure Education Month
National Melanoma/Skin Cancer Awareness Month
National Mental Health Awareness Month
National Stroke Awareness Month
Osteoporosis Awareness Month
Celiac Awareness Month
National Women’s Health Week (9th - 15th)
National Senior Health and Fitness Day (26th)

June
Cataract Awareness Month
National Scleroderma Awareness Month
Men’s Health Month
Migraine and Headache Awareness Month
National Safety Month
Men’s Health Week (8th - 14th)

July
Fireworks Safety Month
UV Safety Month
Psoriasis Awareness Month

August
Children’s Eye Health and Safety Month
National Breastfeeding Month
National Immunization Awareness Month

September
Baby Safety Awareness Month
Blood Cancer Awareness Month
Childhood Cancer Awareness Month
Healthy Aging Month
National Childhood Obesity Awareness Month
Cholesterol Education Month
National Ovarian Cancer Awareness Month
National Recovery Month
National Sickle Cell Disease Awareness Month
Prostate Health Month
Pain Awareness Month
National Folic Acid Awareness Week (12th - 18th)
Women’s Health and Fitness Day (26th)
Family Health & Fitness Day (29th)

October
American Pharmacists Month
Talk About Your Medicines Month
Dental Hygiene Awareness Month
Children’s Health Month
Health Literacy Month
Healthy Babies Month
Healthy Lung Month
National Breast Cancer Awareness Month
National Depression and Mental Health Screening Month
National Liver Awareness Month
National Spina Bifida Awareness Month
National Sudden Infant Death Syndrome (SIDS) Awareness Month
National Pharmacy Technician Day (15th)
Respiratory Care Week (24th - 30th)

November
American Diabetes Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month
National Healthy Skin Month
National Alzheimer’s Disease Awareness Month
National Epilepsy Awareness Month
National Family Caregivers Month
National Hospice and Palliative Care Month
Pancreatic Cancer Awareness Month
Prematurity Awareness Month
Great American Smokeout (15th)

December
International AIDS Awareness Month
National Drunk and Drugged Driving Prevention Month
Safe Toys and Gifts Month
National Handwashing Awareness Week (1st- 7th)
National Influenza Vaccination Week (1st - 7th)
To help your patients get a healthy start, promote products and services that support patient health and sponsor a blood driver as part of National Blood Donor Month. Use HPV Vaccine bag clippers and stuffers to highlight the importance of Cervical Cancer early detection and prevention.

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

**JANUARY 2021**

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<td>17 Healthy Weight Week (17th-23rd)</td>
<td>18 Martin Luther King Day of Service</td>
<td>19 An Active Lifestyle Flier Eng</td>
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<td>20 Physical Activity at Home, Work and Play Flier</td>
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<td>25 Medication log</td>
<td>26 Just Ask bag clipper</td>
<td>27 Build a Healthy Meal Flier Eng</td>
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- **SUNDAY**
  - National Blood Donor Month
  - Cervical Health Awareness Month
  - National Birth Defects Prevention Month
  - National Glaucoma Awareness Month
  - Thyroid Awareness Month

- **MONDAY**
  - Find Blood Donor Centers

- **TUESDAY**
  - Brown bag medication review bag stuffer

- **WEDNESDAY**
  - HPV & Cervical Cancer Posters Poster
  - New Year's Day

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It’s American Heart Month, so show customer appreciation by promoting Valentine's Day with Healthy Heart marketing and events. Hold free blood pressure screenings and offer specials on aspirin, Omega3 and other heart healthy supplements.

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- **American Heart Month**
- **AMD/Low Vision Awareness Month**
- **National Cancer Prevention Month**
- **National Children's Dental Health Month**
- **Wise Health Care Consumer Month**

And, since it’s Children’s Dental Health Month, offer oral health product coupons for parents and a free toothbrush with a dental activity and coloring sheet for kids. If you have space pharmacy, post a few of the sheets up on a bulletin board.
Have a brown bag or town hall Q&A with your patients in honor of Patient Safety Awareness Week. To recognize National Nutrition, partner with a local nutritionist to conduct a free session on healthy eating.

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<td>10 Reach Your Nutrition Goals Flier Eng</td>
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<td>11 Enjoy your Food, But Eat Less Flier Eng</td>
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<td>Adjust your clocks at midnight</td>
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<td>23 American Diabetes Alert Day Offer H1C Level Screenings.</td>
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- National Nutrition Month
- Brain Injury Awareness Month
- National Developmental Disabilities Awareness Month
- National Kidney Month
- Hemophilia Awareness Month
- National Colorectal Cancer Awareness Month
- National Eye Donor Month
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<td>Hold a raffle for a gift certificate to a yoga or massage session and display tip sheets on stress reducing techniques. If a gift certificate is outside of your budget, put together a pampering gift basket filled with bubble bath, lotion and other items in your store.</td>
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| 4 Easter | 5 Meningitis Vaccine Infographic | 6 Depression - Let's Talk Poster | 7 Brown bag medication review bag stuffer | 8 Online refill bag clipper | 9 Good Friday Medication log | 10 |

| 11 | 12 Pet Rx bag clipper | 13 | 14 Just Ask bag clipper | 15 Tax Day | 16 | 17 |

| 18 | 19 | 20 World Meningitis Day | 21 Administrative Professionals Day | 22 Vaccines Work Infographic | 23 5 Vaccine Facts Infographic | 24 |

| 25 | 26 | 27 | 28 | 29 | 30 | |

- Stress Awareness Month
- National Autism Awareness Month
- National Alcohol Awareness Month
- National Cancer Control Month
- National Child Abuse Prevention Month
- National Donate Life Month
- National Minority Health Month
It's allergy season, so display allergy products in the front of the store. Offer free blood pressure checks and tips to honor Blood Pressure Education Month.

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- Asthma and Allergy Awareness Month
- Better Sleep Month
- Correct Posture Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Huntington's Disease Awareness Month
- Lupus Awareness Month
- National Arthritis Awareness Month
- National High Blood Pressure Education Month
- National Melanoma/Skin Cancer Awareness Month
- National Mental Health Month
- National Stroke Awareness Month
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- Cataract Awareness Month
- National Scleroderma Awareness Month
- Men's Health Month
- Migraine and Headache Awareness Month
- National Safety Month

Does your patient's know the difference between tension, migraine, cluster, and other types of headaches? Now is the time to educate them and suggest natural and OTC remedies.
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It’s allergy season, so display allergy products in the front of the store. Offer free blood pressure checks and tips to honor Blood Pressure Education Month. - Fireworks Safety Month - UV Safety Month - Psoriasis Awareness Month
It's back to school time. Remind your patients that your pharmacy offers flu shots and various immunizations to prepare the entire family for the remainder of the year.

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- National Immunization Awareness Month
- Children’s Eye Health and Safety Month
- National Breastfeeding Month
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This month is full of opportunities to promote your pharmacy’s products and services through community partnerships. Celebrate health and fitness by holding an event on cholesterol, pain awareness or healthy aging at a local community center.
Place promotional bag stuffers and clippers on pharmacy bags to promote services and products in your pharmacy. Reach out to non-adherent patients and schedule consultations to discuss their prescriptions.

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- American Pharmacist Month
- Talk About Your Medicines Month
- Children's Health Month
- Health Literacy Month
- Healthy Babies Month
- Healthy Lung Month
- National Breast Cancer Awareness
- National Depression and Mental Health Screening Month
- National Liver Awareness Month
- National Spina Bifida Awareness Month
- National Sudden Infant Death Syndrome (SIDS) Awareness Month
- National Bullying Prevention
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<td>COPD Resources</td>
<td>Risks from Smoking Infographic</td>
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Offer diabetes education, clippers and seminars at your pharmacy for current patients and partner with a local community center or non-profit to bring in new patients. Offer H1C level screenings and hold a raffle to give-a-way glucose meters and test strips.

- American Diabetes Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Family Caregivers Month
- National Epilepsy Awareness Month
- COPD Awareness Month
- National Hospice and Palliative Care Month
- Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- National Healthy Skin Month
- National Alzheimer’s Disease Awareness Month
## DECEMBER 2021

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- **International AIDS Awareness Month**
- **National Drunk and Drugged Driving Prevention Month**
- **Safe Toys and Gifts Month**

End the year by giving back to your patients. Send holiday cards to a few select patients with coupons for front end products. Create a calendar for patients with your pharmacy’s upcoming events, OTC specials, and a list of your services.
Pharmacy, Health and Wellness Resources

**Bag Clippers and Stufflers**
- Flu vaccination bag clippers
- Just Ask bag clipper
- Brown bag medication review bag stuffer
- Online refill bag clipper
- Pet Rx bag clipper
- Mental Health Payroll Stuffer for Employees
- Stress Awareness Payroll Stuffer for Employees
- Hepatitis B Bag Clipper

**Fliers**
- Folic Acid and Exercise Flier Eng | Span
- Folic Acid and Water Flier Eng | Span
- Folic Acid and Veggies Flier Eng | Span
- 10 Questions to Ask About Your Thyroid Health Flier
- Free Handwashing Fliers
- After Quitting Effects Flier
- Men's Health Month Flier
- Stroke and Blood Pressure Flier
- Choose My Plate Flier Eng | Span
- Reach Your Nutrition Goals Flier Eng | Span
- Enjoy Your Food, But Eat Less Flier Eng | Span
- Dental Health Flier
- 10 Things to Know About HPV and Cervical Cancer Flier
- Choosing Whole-Grain Foods Flier Eng | Span
- Build a Healthy Meal Flier Eng | Span
- An Active Lifestyle Flier Eng | Span
- Physical Activity at Home, Work and Play Flier

**Posters**
- HPV & Cervical Cancer Poster
- Depression - Let's Talk Poster
- Check up and Screenings Guidelines for Women Poster
- Men's Health Month Poster Eng | Span
- Check up and Screenings Guidelines for Men Poster

**Fact Sheets & Quizzes**
- Folic Acid Fact Sheet Eng | Span
- Stress Fact Sheet
- Stress Hardiness Quiz

**Infographics**
- Folic Acid and You Infographic
- Risks from Smoking Infographic
- Secondhand Smoke Infographic
- Lifetime of Risk Infographic
- Vaccines Work Infographic
- 5 Vaccine Facts Infographic

**Logs**
- Medication log

**Letters and Certificates**
- Smoker Certificate
- Smoker Letter
- Non-smoker Letter
- Non-smoker Certificate

**Activities**
- Dental Health Activity Sheets Eng | Span
- Dental Health Coloring Sheets Eng | Span