

Alliant

Communication	Date
<u>National Credit Education Month</u>	All Month April
<u>Mental Health Awareness Month</u>	All Month May
<u>National Better Sleep Month</u>	All Month May
<u>Asthma and Allergy Awareness Month</u>	All Month May
<u>National Women's Health Month</u>	All Month May
<u>World Meditation Day</u>	21-May
<u>National Safety Month</u>	All Month June
<u>National Fresh Fruit and Vegetables Month</u>	All Month June
<u>National Hydration Day</u>	23-June
<u>Alzheimer's & Brain Awareness Month</u>	All Month June
<u>World Allergy Week</u>	29-June-5-July
<u>Juvenile Arthritis (JA) Awareness Month</u>	All Month July
<u>National UV Safety Month</u>	All Month July
<u>International Self-Care Day</u>	24-July
<u>Summer Sun Safety Month</u>	All Month Aug
<u>Kids Eat Right Month</u>	All Month Aug
<u>National Immunization Awareness Month</u>	All Month Aug
<u>Healthy and Delicious School Lunches</u>	12-16-August

- Fitness
- Nutrition
- Personal Health
- Prevention
- Safety
- Stress Management

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