

2024

Council Promotional Calendar

Align your employee health
and well-being initiatives

To learn more about the Panhandle
Worksite Wellness Council, please
visit us at: pphd.ne.gov/pwwc.html.



January

- New Year's Resolutions
- National Radon Action Month

February

- American Heart Month
- National Wear Red Day®:
February 2, 2024
- Blood Pressure Initiative

March

- Colorectal Cancer Awareness
- National Nutrition Month
- National Sleep Awareness Week
 - March 10-16, 2024

April

- Alcohol Awareness
- Distracted Driving Awareness
- Stress Awareness
- National Healthcare Decisions
Day; April 16, 2024
- National Walk @ Lunch Day:
 - April 24, 2024
- Sexual Assault Awareness

May

- Employee Health and Fitness
Month
- Mental Health Month
- Stroke Prevention Month
- Women's Health Week:
 - May 12-18, 2024
- Bike to Work Week:
 - May 13-19, 2024

June

- Sun Safety
- Family Health and Fitness Day
 - June 8 2024
- Men's Health Month
- National Safety Month

July

- Fireworks Safety

August

- Back to School
- National Immunization Awareness
Month
- World Breastfeeding Week:
 - August 1-7, 2024

September

- National Preparedness Month
- Suicide Prevention Awareness
Month
- Fall Prevention
- Panhandle Safety & Wellness
Conference - TBD

October

- Breast Cancer Awareness Month
- Flu Prevention
- Domestic Violence Awareness
- Lead Poisoning Prevention Week:
October 23-29, 2024

November

- American Diabetes Month
- Great American Smokeout:
November 21, 2024

December

- Managing Holiday Stress
- Financial Wellness