



# 2024

## Heluna Health Global Cultural Calendar



Heluna Health®

Created by the Workplace Inclusion Initiative (WII)





# 2024 JANUARY

- 1: New Year's Day
- 4: World Braille Day
- 6: Three Kings Day or Día De Los Santos Reyes
- 7: Orthodox Christmas Day
- 12: National Pharmacist Day
- 13: Korean American Day
- 14: Orthodox New Year
- 15: Martin Luther King, Jr Day
- 16: National Day of Racial Healing
- 21: World Religion Day
- 25: Burns Night
- 27: Holocaust Memorial Day

SUN	MON	TUE	WED	THU	FRI	SAT
	1 HELUNA HEALTH HOLIDAY	2	3	4	5	6
7	8	9	10	11	12	13
14	15 HELUNA HEALTH HOLIDAY	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



- National Braille Literacy Month
- Cervical Health Awareness Month
- National Stalking Awareness Month
- National Birth Defects Awareness Month
- National Slavery & Human Trafficking Prevention Month



# 2024 FEBRUARY

- 3: National Wear Red Day
- 4: World Cancer Day
- 6: International Day of Zero Tolerance for Female Genital Mutilation
- 10: Lunar New Year (Chinese New Year)
- 13: Shrove Tuesday
- 14: Valentine's Day
- 14: Ash Wednesday
- 19: Presidents' Day
- 21: International Mother Language Day
- 27: Start of the National Eating Disorders Awareness Week

SUN	MON	TUE	WED	THU	FRI	SAT
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 HELUNA HEALTH HOLIDAY	20	21	22	23	24
25	26	27	28	29		



- Black History Month
- American Heart Month
- National Cancer Prevention Month
- Sexual Assault Awareness Month
- International Prenatal Infection Prevention Month



# 2024 MARCH

- 8: International Women's Day
- 10: National Women and Girls HIV/AIDS Awareness Day
- 10: Harriet Tubman Day
- 10: Start of Ramadan
- 12: Equal Pay Day
- 17: St. Patrick's Day
- 21: World Down Syndrome Day
- 21: UN International Day for the Elimination of Racial Discrimination
- 23: Start of Purim
- 25: Holi
- 30: Doctors' Day
- 31: Transgender Day of Visibility
- 31: Cesar Chavez Day
- 31: Easter

SUN	MON	TUE	WED	THU	FRI	SAT
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- Women's History Month
- National Developmental Disabilities Awareness Month
- National Multiple Sclerosis Education and Awareness Month
- National Nutrition Month
- National Colorectal Cancer Month



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# 2024 APRIL

- 1: Cesar Chavez Day (Observed)
- 1-7: National Public Health Week
- 2: World Autism Awareness Day
- 7: Global Health Day
- 8: Ramadan Ends
- 9: Start of Eid al-Fitr
- 11-17: Black Maternal Health Week
- 12: National Day of Silence
- 15: Jackie Robinson Day
- 16: Emancipation Day
- 21: First day of Rīdván
- 22: Earth Day
- 22: Start of Passover
- 24: Administrative Professionals Day
- 25: Native American Gathering of Nations

SUN	MON	TUE	WED	THU	FRI	SAT
	1 HELUNA HEALTH HOLIDAY	2	3	4	5	6
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- Arab American Heritage Month
- Autism Awareness Month
- National Child Abuse Prevention Month
- National Minority Health Month
- Armenian Heritage Month
- National Deaf History Month



# 2024 MAY

- 5: Cinco de Mayo
- 6: Yom Hashoah (Holocaust Remembrance Day)
- 6: Nurses Day
- 10: Mother's Day (Mexico, El Salvador, Guatemala)
- 12: Mother's Day
- 17: International Day Against Homophobia, Transphobia, & Biphobia
- 21: World Day of Cultural Diversity
- 27: Memorial Day
- 31: World No Tobacco Day

SUN	MON	TUE	WED	THU	FRI	SAT
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26	27 HELUNA HEALTH HOLIDAY	28	29	30	31	



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- Asian/Pacific American Heritage Month
- Jewish Heritage Month
- Haitian Heritage Month
- Mental Health Awareness Month
- Global Employee Health and Fitness Month



# 2024 JUNE

11-13: Shavuot

12: Loving Day

12: Philippines Independence Day

16: Father's Day

19: Juneteenth

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16	17	18	19 HELUNA HEALTH HOLIDAY	20	21	22
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- LGBTQIA+ Pride Month
- Immigrant Heritage Month
- National Men's Health Month



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# 2024 JULY

- 4: United States of America Independence Day
- 11: World Population Day
- 14: Bastille Day
- 17: Ashura
- 18: Nelson Mandela International Day
- 20: Colombian Independence Day
- 26: National Disability Independence Day

SUN	MON	TUE	WED	THU	FRI	SAT
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- Social Wellness Month
- National Minority Mental Health Awareness Month



# 2024 AUGUST

- 1-7: World Breastfeeding Week
- 4: International Day of Friendship
- 4-10: National Health Center Week
- 8-14: Indigenous Milk Medicine Week
- 9: International Day of the World's Indigenous Peoples
- 15-21: Asian American, Native Hawaiian & Pacific Islander Breastfeeding Week
- 21: National Senior Citizen Day
- 23: International Day of Remembrance of the Slave Trade and its Abolition
- 25-31: Black Breastfeeding Week
- 26: Women's Equity Day

SUN	MON	TUE	WED	THU	FRI	SAT
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- National Immunization Awareness Month
- National Breastfeeding Month



# 2024 SEPTEMBER

- 2: Labor Day
- 5-11: Lactancia Latina
- 10: World Suicide Prevention Day
- 11: Patriot Day
- 11: Ethiopian New Year
- 16: Mexico Independence Day
- 17: Mid-Autumn Festival
- 22: American Business Women's Day
- 27: National Native American Day
- 29: World Heart Day

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 HELUNA HEALTH HOLIDAY	3	4	5	6	7
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- National Literacy Month
- National Suicide Prevention Month
- Hispanic Heritage Month
- National Childhood Obesity Month
- Healthy Aging Month



# 2024 OCTOBER

- 1: International Day of Older Persons
- 2: International Day of Non-Violence
- 2-4: Rosh Hashanah
- 6: German-American Heritage Day
- 10: World Mental Health Day
- 11-12: Yom Kippur
- 11: National Coming Out Day
- 14: Indigenous Peoples' Day
- 15: National Latino AIDS Awareness Day
- 16: Boss's Day
- 16-23: Sukkot
- 31: Halloween
- 10/31-11/2: Día de los Muertos

SUN	MON	TUE	WED	THU	FRI	SAT
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13	14 HELUNA HEALTH HOLIDAY	15	16	17	18	19
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- Global Diversity Awareness Month
- Bullying Prevention Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Filipino-American Heritage Month
- Italian-American Heritage Month
- LGBT History Month
- Polish-American Heritage Month
- Health Literacy Month
- Breast Cancer Awareness Month



# 2024 NOVEMBER

- 1: All Saints' Day
- 1: Diwali
- 2: All Souls' Day
- 11: Veterans Day
- 13: World Kindness Day
- 13-19: Transgender Awareness Week
- 14: World Diabetes Day
- 20: Transgender Day of Remembrance
- 22: Lebanon Independence Day
- 23: National Family Health History Day
- 28: Thanksgiving
- 29: Day After Thanksgiving

SUN	MON	TUE	WED	THU	FRI	SAT
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24	25	26	27	28 HELUNA HEALTH HOLIDAY	29 HELUNA HEALTH HOLIDAY	30



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- American Diabetes Month
- National Lung Cancer Awareness Month
- National Family Caregivers Month
- National American Indian and Alaska Native Heritage Month



# 2024 DECEMBER

- 1: World AIDS Day
- 3: International Day for People with Disabilities
- 3: Giving Tuesday
- 9: International Day of Commemoration and Dignity of the Victims
- 10: Human Rights Day
- 18: Arabic Language Day
- 25: First Night of Hanukkah
- 25: **Christmas**
- 26: Boxing Day
- 26: Kwanzaa starts
- 31: New Year's Eve

SUN	MON	TUE	WED	THU	FRI	SAT
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• Universal Human Rights Month



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# HEALTHY, STRONG COMMUNITIES FOR ALL



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[www.helunahealth.org](http://www.helunahealth.org)

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