



St. Francis Xavier

Health and Wellness Committee 2021-2022 Calendar Gathering Space – 5:30 pm

September *Healthy Aging Month, Prostate Awareness & A-Fib Awareness Month
World Suicide Week – Suicide Prevention Day September 10*



14 Tuesday H & W Meeting

18 Saturday SFX Franny Run/Walk – Provide support & refreshments

October *National Breast Cancer & Down Syndrome Awareness Month
World Mental Health Day 2021 – October 10, 2021
Global Handwashing Day – October 15, 2021*

November *Alzheimer's Awareness and Diabetes Awareness Month
World Pneumonia Day – November 12, 2021
World Diabetes Day – November 14, 2021
World Prematurity Day – November 17, 2021*

11 Thursday Blood Drive – Gathering Place 1-7 p.m.

13 Saturday Anointing Service – 10 am



16 Tuesday H & W Meeting

December *World Aids Day (1st), Influenza Vaccination Week
International Day of People with Disability – December 3, 2021*

January *National Birth Defects Awareness & National Glaucoma Awareness Month
World Leprosy Day 2022 – January 30, 2021*



18 Tuesday H & W Meeting

February *National Heart Month & Eating Disorders Awareness Week (last week)
World Cancer Day – National Wear Red Day – February 4*

March *Colorectal Cancer Awareness Month
World Kidney Day – March 10, 2022
World Down Syndrome Day – March 21, 2022*



15 Tuesday H & W Meeting

April

*National Autism Awareness, Alcohol Awareness, Child Abuse Prevention Month
Be a Donor Month
World Autism Awareness Day – April 2
World Health Day – April 7*

May

*Stroke & High Blood Pressure Awareness & Asthma and Allergy Month & Skin Cancer
World Asthma Day – May 3
World Red Cross & Red Crescent Day – May 8
International Nurses Day – May 12*



17 Tuesday H & W Meeting

Updated 10.13.21