

# January

## 2019 WELLBEING CALENDAR

### National Blood Donor Month

It's the best New Year's resolution you could make: roll up your sleeve and give blood or platelets at a time when the nation's blood banks supply is at its lowest. (Bad weather and seasonal illnesses can often affect office drives and the ability of regular donors to give.)

**Learn more:** [redcross.org](http://redcross.org)



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### Cervical Health Awareness Month

HPV (human papillomavirus) is a major cause of cervical and other cancers. The HPV vaccine is recommended for both boys and girls aged 11 to 12 years, but can be given as early as age 9 and until age 26.

**Learn more:** [cdc.gov/cancer](http://cdc.gov/cancer)

### National Radon Action Month

Radon is a naturally occurring radioactive gas that can cause lung cancer. You can't see it or smell it, but it can have a big impact on indoor air quality. Testing is the only way to be sure your home is safe.

**Learn more:** [epa.gov/radon](http://epa.gov/radon)

### Thyroid Awareness Month

Have you experienced changes such as forgetfulness or fatigue, difficulty falling asleep or staying asleep, muscle or joint pain? It could be related to your thyroid which helps the heart, brain, liver, kidneys and skin function properly.

**Learn more:** [healthline.com](http://healthline.com)

**HOLIDAYS** New Year's Day 1  
Martin Luther King Jr. Day 21