

Global  
Cultural  
**Calendar**  
**2023**



Heluna Health®

# 2023

# JANUARY

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



Heluna Health®

- 1: NEW YEAR'S DAY
- 4: WORLD BRAILLE DAY
- 6: THREE KINGS DAY OR DIA  
DE LOS SANTOS REYES
- 7: ORTHODOX CHRISTMAS DAY
- 14: ORTHODOX NEW YEAR
- 15: WORLD RELIGION DAY
- 16: MARTIN LUTHER KING, JR. DAY
- 17: NATIONAL DAY OF RACIAL HEALING
- 22: LUNAR NEW YEAR  
(CHINESE NEW YEAR)
- 25: BURNS NIGHT
- 27: HOLOCAUST MEMORIAL DAY

○ HELUNA HEALTH HOLIDAY

# FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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- Black History Month
- American Heart Month
- National Cancer Prevention Month



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4: WORLD CANCER DAY

6: INTERNATIONAL DAY OF ZERO TOLERANCE  
FOR FEMALE GENITAL MUTILATION

14: VALENTINE'S DAY

20: PRESIDENTS' DAY

21: INTERNATIONAL MOTHER LANGUAGE DAY

21: MARDI GRAS

21: SHROVE TUESDAY

22: ASH WEDNESDAY

○ HELUNA HEALTH HOLIDAY

# MARCH 2023



SUN	MON	TUE	WED	THU	FRI	SAT
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6: START OF PURIM  
 8: INTERNATIONAL WOMEN'S DAY  
 8: HOLI - FESTIVAL OF COLORS  
 10: NATIONAL WOMEN AND GIRLS HIV/AIDS AWARENESS DAY  
 10: HARRIET TUBMAN DAY  
 15: EQUAL PAY DAY  
 17: ST. PATRICK'S DAY  
 21: WORLD DOWN SYNDROME DAY  
 21: U.N. INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION  
 22: START OF RAMADAN  
 30: NATIONAL DOCTORS' DAY  
 31: TRANSGENDER DAY OF VISIBILITY  
 31: CESAR CHAVEZ DAY

- Women's History Month
- National Developmental Disabilities Awareness Month
- National Multiple Sclerosis Education and Awareness Month
- National Nutrition Month

- Deaf History Month (March 13 - April 15)
- National Colorectal Cancer Month
- Sexual Assault Awareness Month

**HELUNA HEALTH HOLIDAY**



# APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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**Heluna Health®**

- 2: WORLD AUTISM AWARENESS DAY
- 3-9: NATIONAL PUBLIC HEALTH WEEK
- 5: START OF PASSOVER
- 7: GLOBAL HEALTH DAY
- 7: GOOD FRIDAY
- 9: EASTER
- 11-17: BLACK MATERNAL HEALTH WEEK
- 14: NATIONAL DAY OF SILENCE
- 15: JACKIE ROBINSON DAY
- 17: EMANCIPATION DAY
- 17-18: YOM HASHOAH (HOLOCAUST REMEMBRANCE DAY)
- 20: FIRST DAY OF RIDVAN
- 21: EID AL FITR
- 22: EARTH DAY
- 24: ARMENIAN GENOCIDE REMEMBRANCE DAY
- 26: ADMINISTRATIVE PROFESSIONALS' DAY
- 27-29: NATIVE AMERICAN GATHERING OF NATIONS

- Arab American Heritage Month
- Autism Awareness Month

- National Child Abuse Prevention Month
- National Minority Health Month
- Armenian Heritage Month

# MAY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
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- 5: CINCO DE MAYO
- 6-12: NURSES' WEEK
- 10: MEXICAN MOTHER'S DAY
- 14: MOTHER'S DAY
- 21: WORLD DAY OF CULTURAL DIVERSITY
- 24: ERITREAN INDEPENDENCE DAY
- 25: AFRICA DAY
- 25-27: SHAVUOT
- 29: MEMORIAL DAY

- Asian/Pacific American Heritage Month
- Jewish Heritage Month
- Haitian Heritage Month

○ HELUNA HEALTH HOLIDAY

# JUNE 2023



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12: FILIPINO INDEPENDENCE DAY

18: FATHER'S DAY

19: JUNETEENTH

- LGBTQIA+ Pride Month
- Men's Health Month

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# JULY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
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4: UNITED STATES OF AMERICA  
INDEPENDENCE DAY

18: MANDELA DAY

20: COLOMBIAN INDEPENDENCE DAY

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# AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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• National Breastfeeding Month



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- 1-7: WORLD BREASTFEEDING WEEK
- 7-13: NATIONAL HEALTH CENTER WEEK
- 9: INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE
- 13-19: NATIVE 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

# SEPTEMBER 2023



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- 4: LABOR DAY
- 10: WORLD SUICIDE PREVENTION DAY
- 11: PATRIOT DAY
- 12: ETHIOPIAN NEW YEAR
- 15-17: ROSH HASHANAH
- 16: MEXICO INDEPENDENCE DAY
- 22: NATIONAL NATIVE AMERICAN DAY
- 24-25: YOM KIPPUR
- 29-Oct 6: SUKKOT

- National Literacy Month
- National Hispanic Heritage Month
- Healthy Aging Month
- National Suicide Prevention Month
- National Prostate Cancer Awareness Month

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# OCTOBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
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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



- 1-7: MENTAL ILLNESS AWARENESS WEEK
- 2: INTERNATIONAL DAY OF NON-VIOLENCE
- 6: GERMAN-AMERICAN HERITAGE DAY
- 9: INDIGENOUS PEOPLES' DAY
- 10: WORLD MENTAL HEALTH DAY
- 11: NATIONAL COMING OUT DAY
- 15: NATIONAL LATINO AIDS AWARENESS DAY
- 16: BOSS' DAY
- 31: HALLOWEEN

**HELUNA HEALTH HOLIDAY**

# NOVEMBER 2023



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Heluna Health®

- 1: ALL SAINTS' DAY
- 1-2: DIA DE LOS MUERTOS
- 2: ALL SOULS' DAY
- 11: VETERANS DAY
- 12: DIWALI
- 13: WORLD KINDNESS DAY
- 13-19: TRANSGENDER AWARENESS WEEK
- 14: WORLD DIABETES DAY
- 20: TRANSGENDER DAY OF REMEMBRANCE
- 22: LEBANON INDEPENDENCE DAY
- 23: THANKSGIVING
- 28: GIVING TUESDAY

- American Diabetes Month
- National Lung Cancer Awareness Month

○ HELUNA HEALTH HOLIDAY

# DECEMBER 2023

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



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- 1: WORLD AIDS DAY
- 3: INTERNATIONAL DAY FOR PEOPLE WITH DISABILITIES
- 7-15: HANUKKAH
- 9: INTERNATIONAL DAY OF COMMEMORATION AND DIGNITY OF THE VICTIMS
- 10: HUMAN RIGHTS DAY
- 25: CHRISTMAS
- 26: BOXING DAY
- 26: KWANZAA STARTS
- 31: NEW YEAR'S EVE

○ HELUNA HEALTH HOLIDAY



# Healthy, strong communities for all.



Heluna Health®

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