



2023

Heluna Health Global Cultural Calendar



Heluna Health®





2023 JANUARY

- 1: NEW YEAR'S DAY
- 2: NEW YEAR'S DAY (observed)
- 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

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



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2023 FEBRUARY

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

- Black History Month
- American Heart Month
- National Cancer Prevention Month

SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15	16	17	18
19	20 HELUNA HEALTH HOLIDAY	21	22	23	24	25
26	27	28				



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2023 MARCH

- 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
- 21: START OF RAMADAN
- 30: NATIONAL DOCTORS' DAY
- 31: TRANSGENDER DAY OF VISIBILITY
- 31: CESAR CHAVEZ DAY

SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 HELUNA HEALTH HOLIDAY	



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- 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



2023 APRIL

- 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

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- Arab American Heritage Month
- National Minority Health Month
- Autism Awareness Month
- Armenian Heritage Month
- National Child Abuse Prevention Month



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2023 MAY

- 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

- Arab American Heritage Month
- Autism Awareness Month
- Haitian Heritage Month

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



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2023 JUNE

- 12: FILIPINO INDEPENDENCE DAY
- 18: FATHER'S DAY
- 19: JUNETEENTH

- LGBTQIA+ Pride Month
- Men's Health Month

SUN	MON	TUE	WED	THU	FRI	SAT
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2023 JULY

- 4: UNITED STATES OF AMERICA INDEPENDENCE DAY
- 18: MANDELA DAY
- 20: COLOMBIAN INDEPENDENCE DAY

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4 HELUNA HEALTH HOLIDAY	5	6	7	8
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2023 AUGUST

- 1-7 WORLD BREASTFEEDING WEEK
- 7-13: NATIONAL HEALTH CENTER WEEK
- 9: INTERNATIONAL DAY OF THE
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

• National Breastfeeding Month

SUN	MON	TUE	WED	THU	FRI	SAT
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2023 SEPTEMBER

- 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

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 HELUNA HEALTH HOLIDAY	5	6	7	8	9
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2023 OCTOBER

- 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

- Global Diversity Awareness Month
- Bullying Prevention Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
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- Filipino-American Heritage Month
- Italian-American Heritage Month
- LGBT History Month

- Polish-American Heritage Month
- Health Literacy Month
- Breast Cancer Awareness Month



2023 NOVEMBER

- 1: ALL SAINTS' DAY
- 1-2: DIA DE LOS MUERTOS
- 2: ALL SOULS' DAY
- 10: VETERANS DAY (OBSERVED)
- 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
- 24: DAY AFTER THANKSGIVING
- 28: GIVING TUESDAY

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- American Diabetes Month
- National Lung Cancer Awareness Month



2023 DECEMBER

- 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

• Universal Human Rights Month

SUN	MON	TUE	WED	THU	FRI	SAT
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HEALTHY, STRONG COMMUNITIES FOR ALL



Heluna Health®

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