



2022

Heluna Health Global Cultural Calendar



2022 JANUARY

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
 16: WORLD RELIGION DAY
 17: MARTIN LUTHER KING, JR. DAY
 18: NATIONAL DAY OF
 RACIAL HEALING
 25: BURNS NIGHT
 27: HOLOCAUST MEMORIAL DAY

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



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2022 FEBRUARY

- 1: LUNAR NEW YEAR
(CHINESE NEW YEAR)
4: WORLD CANCER DAY
6: INTERNATIONAL DAY OF ZERO
TOLERANCE FOR FEMALE GENITAL
MUTILATION
14: VALENTINE'S DAY
21: INTERNATIONAL MOTHER
LANGUAGE DAY
21: PRESIDENTS' DAY

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

SUN	MON	TUE	WED	THU	FRI	SAT
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20	21 HELUNA HEALTH HOLIDAY	22	23	24	25	26
27	28					



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2022 MARCH

- 1: MARDI GRAS
- 1: SHROVE TUESDAY
- 2: ASH WEDNESDAY
- 8: INTERNATIONAL WOMEN'S DAY
- 10: NATIONAL WOMEN AND GIRLS HIV/AIDS AWARENESS DAY
- 10: HARRIET TUBMAN DAY
- 16: START OF PURIM
- 17: ST. PATRICK'S DAY
- 17: HOLI
- 21: WORLD DOWN SYNDROME DAY
- 21: U.N. INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION
- 30: NATIONAL DOCTORS' DAY
- 31: TRANSGENDER DAY OF VISIBILITY
- 31: CESAR CHAVEZ DAY

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

- Women's History Month
- National Nutrition Month
- National Developmental Disabilities Awareness Month
- Deaf History Month (March 13 - April 15)
- National Multiple Sclerosis Education and Awareness Month
- National Colorectal Cancer Month
- Sexual Assault Awareness Month



2022 APRIL

- 1: START OF RAMADAN
- 2: WORLD AUTISM AWARENESS DAY
- 4-10: NATIONAL PUBLIC HEALTH WEEK
- 7: GLOBAL HEALTH DAY
- 11-17: BLACK MATERNAL HEALTH WEEK
- 12: EQUAL PAY DAY
- 15: START OF PASSOVER
- 15: GOOD FRIDAY
- 15: JACKIE ROBINSON DAY
- 15: EMANCIPATION DAY
- 17: EASTER
- 21: FIRST DAY OF RIDVAN
- 22: EARTH DAY
- 22: NATIONAL DAY OF SILENCE
- 24: ARMENIAN GENOCIDE REMEMBRANCE DAY
- 27: ADMINISTRATIVE PROFESSIONALS' DAY
- 27-28: YOM HASHOAH (HOLOCAUST REMEMBRANCE DAY)
- 28-30: 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



2022 MAY

2-3: EID AL FITR

2-4: SHAVUOT

5: CINCO DE MAYO

6-12: NURSES' WEEK

8: MOTHER'S DAY

10: MEXICAN MOTHER'S DAY

21: WORLD DAY OF CULTURAL
DIVERSITY

24: ERITREAN INDEPENDENCE DAY

25: AFRICA DAY

30: MEMORIAL DAY

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

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29	30 HELUNA HEALTH HOLIDAY	31				



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2022 JUNE

12: FILIPINO INDEPENDENCE DAY

19: JUNETEENTH

19: FATHER'S DAY

20: JUNETEENTH (OBSERVED)

- LGBTQIA+ Pride Month
- Men's Health Month

SUN	MON	TUE	WED	THU	FRI	SAT
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19	20 HELUNA HEALTH HOLIDAY	21	22	23	24	25
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2022 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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3	4 HELUNA HEALTH HOLIDAY	5	6	7	8	9
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2022 AUGUST

1-7: WORLD BREASTFEEDING WEEK
3: BLACK WOMEN’S EQUAL PAY DAY
7-13: NATIONAL HEALTH CENTER WEEK
9: INTERNATIONAL DAY OF THE
WORLD’S INDIGENOUS PEOPLE
9-15: 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

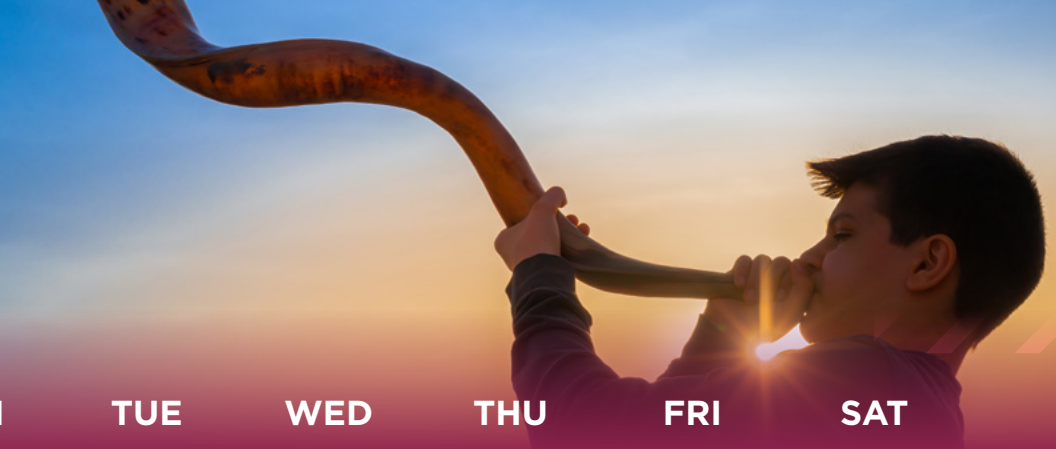
• National Breastfeeding Month

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2022 SEPTEMBER

- 5: LABOR DAY
- 10: SUICIDE PREVENTION DAY
- 11: PATRIOT DAY
- 11: ETHIOPIAN NEW YEAR
- 16: MEXICO INDEPENDENCE DAY
- 23: NATIONAL NATIVE AMERICAN DAY
- 25-27: ROSH HASHANAH

- 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
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4	5 HELUNA HEALTH HOLIDAY	6	7	8	9	10
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2022 OCTOBER

2: INTERNATIONAL DAY OF
NON-VIOLENCE
2-8: MENTAL ILLNESS
AWARENESS WEEK
4-5: YOM KIPPUR
6: GERMAN-AMERICAN HERITAGE DAY
9-16: SUKKOT
10: WORLD MENTAL HEALTH DAY
10: INDIGENOUS PEOPLES' 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
- Filipino-American Heritage Month

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9	10 HELUNA HEALTH HOLIDAY	11	12	13	14	15
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30	31	• Italian-American Heritage Month • LGBT History Month • Polish-American Heritage Month • Health Literacy Month • Breast Cancer Awareness Month				



2022 NOVEMBER

- 1: ALL SAINTS' DAY
 - 2: ALL SOULS' DAY
 - 2: DIA DE LOS MUERTOS
 - 4: DIWALI
 - 8: ELECTION DAY
 - 11: VETERAN'S DAY
 - 13: WORLD KINDNESS DAY
 - 13-19: TRANSGENDER AWARENESS WEEK
 - 14: WORLD DIABETES DAY
 - 20: TRANSGENDER DAY OF REMEMBRANCE
 - 22: LEBANON INDEPENDENCE DAY
 - 24: THANKSGIVING
 - 29: GIVING TUESDAY 2022
-
- AMERICAN DIABETES MONTH
 - NATIONAL LUNG CANCER AWARENESS MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
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6	7	8	9	10	11 HELUNA HEALTH HOLIDAY	12
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2022 DECEMBER

- 1: WORLD AIDS DAY
- 3: INTERNATIONAL DAY FOR PEOPLE WITH DISABILITIES
- 9: INTERNATIONAL DAY OF COMMEMORATION AND DIGNITY OF THE VICTIMS
- 10: HUMAN RIGHTS DAY
- 18-26: HANUKKAH
- 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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“Our ability to reach unity in diversity will be the beauty and the test of our civilization.”

– Mahatma Gandhi



Heluna Health®

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