



NATIONAL SAFETY MONTH

Helmet Awareness Month

- 3rd: World Bicycle Day
- 11th: International Helmet Awareness Day
 - Pedal Bike
 - Skateboard/Scooter
 - Motor Bike
 - Horse Riding

Resources

- Helmet Safety: [Helmet-Safety-Infographic.png \(800x2000\) \(bianc.net\)](#)
- Why?: [5 Reasons You Should Wear a Helmet \(hackensackmeridianhealth.org\)](#)



MEN'S HEALTH MONTH



Health Exam Awareness

- 5th: Fueling Your Journey Webinar
 - Eating well on the go
- 9th – 15th: International Men's Health Week
- 11th: Call your Doctor Day
- Prostate Cancer Awareness
 - Biometric testing, add PSA

Resources

- **Men's Health:** [The Importance of Men's Health Month | Lifespan](#)
- **Prostate Cancer Awareness:** [Prostate Cancer and Separating Fact From Fiction | Lifespan](#)

GREAT OUTDOORS MONTH



Get Active!

- 2nd: National Trails Day
- 5th: National Running Day
- 6th: National Gardening Day
- 18th: National Go Fishing Day
- 21st: International Day of Yoga
- 30th: National Meteor Watch Day



Resources

- AllTrails App: [AllTrails: Trail Guides & Maps for Hiking, Camping, and Running | AllTrails](#)
- Nike Run Club App.
- Garden Answers App: [Garden Answers - Plant Identification](#)
- FishBrain App: [Fishing App and Fishing Tools \(fishbrain.com\)](#)