



*Servicio de Información en Español*

University of California Cooperative Extension

## February 2010

### MONTHLY CELEBRATIONS

AMD/Low Vision Awareness Month  
 American Heart Month  
 Bake for Family Fun Month  
 International Boost Self-Esteem Month  
 International Expect Success Month  
 International Prenatal Infection Prevention Month  
 Library Lovers' Month  
 Marfan Syndrome Awareness Month  
 National African American History Month  
 National Care about your Indoor Air Month  
 National Cherry Month  
 National Children's Dental Health Month  
 National Parent Leadership Month  
 National Pet Dental Health Month  
 National Time Management Month  
 National Wise Health Consumer Month  
 Plant the Seeds of Greatness Month  
 Relationship Wellness Month  
 Spiritual Teachers Month  
 Sweet Potato Month  
 Wise Health Care Consumer Month  
 Youth Leadership Month

### WEEKLY CELEBRATIONS

Eating Disorder Awareness Week Jan.31- Feb. 6  
 1 – 5 International Apparel Market Week  
 1 – 5 National Burn Awareness Week First week of February  
 1 – 5 National School Counseling Week  
 1 – 6 Children's Authors & Illustrators Week  
 1 – 7 World Salt Awareness Week  
 1 – 7 National Patient Recognition Week  
 1 – 7 Women's Heart Week  
 7-13 Child Passenger Safety Awareness Week  
 7 – 14 Congenital Heart Defect Awareness Week  
 7 – 13 International Coaching Week  
 7 – 13 Just Say No to PowerPoint Week  
 7 – 13 National Family, Career and Community Leaders of America Week  
 7 – 13 Burn Awareness Week  
 7 – 14 Publicity for Profit Week  
 7 – 14 Rejection/Risk Awareness Week  
 8 – 12 Pride in Food Service Week  
 8 – 13 Freelance Writers Appreciation Week  
 14 – 21 Alzheimer's and Dementia Staff Education Week  
 14 – 21 National Condom Week  
 14 – 20 National Engineers Week  
 14 – 20 National Pancake Week  
 14 – 20 Children of Alcoholics Week  
 14 – 21 Cardiac Rehabilitation Week  
 17 – April 3 Lent  
 21 – 27 Build a Better Trade Show Week  
 21 – 27 National Eating Disorders Awareness Week  
 22 – 26 Read Me Week

**SPECIAL DAYS**

- 1 – Freedom Day Anniversary
- 2 – Groundhog Day
- 2 – African-American Coaches Day
- 2 – Treaty of Guadalupe Hidalgo: Anniversary
- 3 – National Girls and Women in Sports Day
- 5 – American Dental Association Give Kids a Smile Program
- 5 – Mexico: Constitution Day
- 5 – National Wear Red Day
- 5 – Weatherperson's Day
- 7 – Man Day
- 8 – Boy Scout of America Founded: Anniversary
- 12 – Lincoln's Birthday
- 13 – Employee Legal Awareness Day
- 14 – Chinese New Year
- 14 – National Donor Day
- 14 – National Have a Heart Day
- 14 – Race Relations Day
- 14 – St. Valentine's Day
- 14 – World Marriage Day
- 15 – President's Day Observed
- 15 – George Washington's Birthday Observance (Legal Holiday)
- 16 – Mardi Grass
- 17 – Ash Wednesday
- 17 – League of United Latin American Citizens (LULAC) Founded: 81<sup>th</sup> Anniversary
- 17 – National PTA Founder's Day
- 17 – World Human Spirit Day
- 18 – Introduce a Girl to Engineering Day
- 20 – United Nations: World Day for Social Justice
- 21 – United Nations: International Mother Language Day
- 22 – George Washington's Birthday
- 23 – Spay Day USA
- 24 – Mexico: Flag Day
- 25 – National Chili Day
- 26 – National Personal Chef Day

**ON THE LIGHTER SIDE...**

- National Laugh-Friendly Month
- National Mend a Broken Heart Month
- National Weddings Month
- Pull Your Sofa Off of the Wall Month
- Return Shopping Carts to the Supermarket Month
- Sweet Potato Month
- Worldwide Renaissance of the Heart Month
- 1 – 7 Solo Dinners Eat Out Week
- 1 – 5 International Networking Week
- 2 – 6 Intimate Apparel Market Week
- 6 – 12 Dump Your "Significant Jerk" Week
- 7 – 13 Jell-O-Week
- 8 – 14 International Flirting Week
- 14 – 21 Love a Mensch Week
- 1 – Hoola in the Coola Day
- 1 – Working Naked Day
- 5 – Bubble Gum Day
- 7 – Wave All Your Fingers at Your Neighbors Day
- 8 – Laugh and Get Rich Day
- 11 – Be Electrific Day
- 11 – Pro Sports Wives Day
- 11 – Satisfied Staying Single Day
- 12 – Darwin Day
- 13 – Get a Different Name Day
- 12 – Great Backyard Bird Count
- 13 – Madly in Love with Me
- 13 – National Caffection Day

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16 International Pancake Day

17 – My Way Day

20 – Northern Hemisphere Hoodie-Hoo Day

22 – Single-Tasking Day

25 – Inconvenience Yourself Day

26 – For Pete’s Sake Day

27 – Open that Bottle Night

28 – International Sword Swallowers Day

28 – National Tooth Fairy Day

*Source: Chase’s Calendar of Events 2010*

*2010 National Health Observances, National Health Information Center, Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services, Washington, DC.*

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