

June Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support their workforce education and communication activities. The spotlighted observances for June appear below and in the Members Only section at www.gpbch.org.

NATIONAL CANCER SURVIVORS DAY (NCS D) 2024 – SUNDAY, JUNE 2nd



[National Cancer Survivors Day®](#) (NCS D) is an annual, treasured Celebration of Life that is held in hundreds of communities nationwide, and around the world, on the first Sunday in June. NCS D is a **CELEBRATION** for those who have survived, an **INSPIRATION** for those recently diagnosed, a gathering of **SUPPORT** for families, and an **OUTREACH** to the community. It is a day for everyone, whether you're a cancer survivor, a family member, friend, or medical professional.

Cancer Survivorship Resources: The [NCS D Foundation](#) encourages a greater commitment to resolving the issues of cancer survivorship through public education and awareness. They've put together a [great list of resources](#) to help you learn more about the challenges faced by cancer survivors today. Some of these resources include: [National Comprehensive Cancer Network \(NCCN\) Patient Resources](#), [National Cancer Plan](#), [National Cancer Institute's Survivorship Resources](#), [Cancer Survival Toolbox](#), and [more](#).

Interested in Organizing an Event? To help you plan your local NCS D event, we've put together 7 simple steps to organizing a National Cancer Survivors Day Event. Start with [Step 1: Register Your Event](#).

Additional Resources:

[The National Cancer Survivorship Resource Center](#), [NCCN – Survivorship Care for Healthy Living](#), [Survivorship Care Plans](#), [Cancer and Careers](#), [Workplace Transitions](#), and [NCS D on Facebook](#)

NATIONAL SAFETY MONTH

Observed annually in June, National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. Visit the [National Safety Council](#) (NSC) website for useful materials to raise awareness.

The site provides [Tools, Resources to Help You Stay Safe at Work](#). Each year, the week-by-week topics for National Safety Month change. This year's topics include: **Safety Engagement**, **Roadway Safety**, **Risk Reduction**, and **Slips, Trips, & Falls**.

Interested in receiving **FREE safety tools and resources**? [Click here to learn more!](#)

Also see these resources for valuable tools and information.

[Information on Hospital Quality and Safety](#)

[Injury Facts](#)

[Safety Observance Calendar](#)



[Click here to access the updated June Spotlighted Observance](#) – Work Together, Play It Safe! This document is a ready-to-distribute flyer for your employees and colleagues.

NATIONAL MEN’S HEALTH MONTH

The purpose of [Men’s Health Month](#) is to raise awareness about the importance of male health and to encourage men to live longer and healthier lives. It means raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

[Pump Up The Blue on Friday, June 14th](#)! Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue.

Healthier men live happier, longer lives. Search through the [Men’s Health Resource Center](#) to learn more about various disease categories, such as: [Cardiovascular Health](#), [Mental Health](#), [Prostrate Health](#), [Nutrition & Obesity](#), [Diabetes](#), and more.

Additional Resources:

[Men’s Health Network](#)

[Men’s Health Network on Facebook](#)

CPR Awareness Week: June 1st – 7th

In 2007, the American Heart Association (AHA) in coalition with the American Red Cross and the National Safety Council worked collaboratively to federally designate a National CPR and AED Awareness Week. On December 13, 2007, Congress unanimously passed a resolution to set aside **June 1-7** each year as **National CPR** and **AED Awareness Week** to spotlight how lives can be saved if more Americans know CPR and how to use an AED. In the declaration, Congress asked states and municipalities to make AEDs more publicly accessible. We invite you to celebrate National CPR and AED Awareness Week in your community! To get started, the AHA has created free materials that you can print from your home or office printer.

<https://cpr.heart.org/en/training-programs/cpr-and-aed-awareness/cpr-and-aed-awareness-week>

Additional Resources:

[Hands-Only CPR video](#)

[Adult & Infant Hands-Only CPR Anytime Kits](#)

[CPR & First Aid Anywhere Kits](#)

[Hands-Only CPR Kiosks](#)



American Heart Association.

CPR & First Aid

Emergency Cardiovascular Care