



**MEDIA AND
EVENTS CALENDAR
2005-2006**



**Central Valley Health &
Nutrition Collaborative**

*University of California
Cooperative Extension*

1720 South Maple Avenue
Fresno, CA 93702
(559) 456-7285

January 2006

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	Healthy Weight Week: January 15—21			Women's Healthy Weight Day		21
22	Folic Acid Awareness Week: January 23—27			Central Valley Health and Nutrition Collaborative Meeting		28
29	30	31				

SCHEDULE OF EVENTS

National Observances

- 23—27 Folic Acid Awareness Week. www.folicacidinfo.org
- 15—21 Healthy Weight Week. www.healthyweight.net



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February 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Girls & Women in Sports Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 National Women's Heart Day	18
19	20	21	22	23	24	25
26	27 National Eating Disorders Week Feb. 26—March 4	28	1 MARCH	2	3	4

SCHEDULE OF EVENTS

- National Observances
 - National Heart Health Month.
www.americanheart.org
 - Black History Month.
www.blackhistory.com
 - February 26—March 4: National Eating Disorders Awareness Week.
www.nationaleatingdisorders.org
 - 1: Girls & Women in Sports Day.
www.womenssportsfoundation.org
 - Black History Month
<http://www.infoplease.com/spot/bhm1.html>



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March 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
	National School Breakfast Week: March 6—10			5 a Day-Power Play! Garden of the Sun event		
12	13	14	15	16	17	18
19	20	21	22	23	24	25
					Fresno County Farm & Nutrition Day	
26	27	28	29	30	31	
		American Diabetes Alert Day				

SCHEDULE OF EVENTS

National Observances

- National Nutrition Month.
www.eatright.org
- 6—10: National School Breakfast
Week. www.schoolnutrition.org



April 2006

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SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 YMCA Healthy Kids Day	3	4	5	6	7 World Health Day	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Walk America: April 22 & 23
23	24	25	26	27 Central Valley Health and Nutrition Collaborative Meeting	28	29
30						

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SCHEDULE OF EVENTS

- 22—23: Walk America.
www.walkamerica.org
- 24—30: Turn TV-Turn-Off Week. www.tvturnoff.org
- Spring into Health
- 2: YMCA Healthy Kids Day.
www.ymca.net
- 7: World Health Day.
www.who.int/world-health-day



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May 2006

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Bike to Work Week: May 15—19	16	17 National Women's Health Week: May 14—20	18	19	20
21 National Running & Fitness Week: May 21—27	22	23	24	25	26	27
28	29	30	31 Senior Health & Fitness Day			

SCHEDULE OF EVENTS

- National Observances www.americanrunning.org
- National Physical Fitness & Sports Month
- National Bike Month. www.bikemonth.com
- 16—20 Bike to Work Week. www.biketoworkweek.com
- 21—27 National Running and Fitness Week.
- 14—20: National Women's Health Week. www.4woman.gov
- 31: National Senior Health & Fitness Day. www.fitnessday.com



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June 2006

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	National Men's Health Week: June 12—16				16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

SCHEDULE OF EVENTS

- Latino Health Awareness Month—San Diego
- 12—16: National Men's Health Week. www.menshealthweek.org



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July 2006

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
National Therapeutic Recreation Week: July 9—15						
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SCHEDULE OF EVENTS

- 9—15: National Therapeutic Recreation Week. www.nrpa.org



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August 2006

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

SCHEDULE OF EVENTS

1—7: World Breastfeeding Week.
www.lalecheleague.org



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September 2006

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27 National Women's Health & Day of Fitness	28 America on the Move Day of Action	29	30 Family Health & Fitness Day USA

SCHEDULE OF EVENTS

- National Observances
 - National 5 a Day Month. www.5aday.gov
 - Healthy Aging Month. www.healthyaging.net
 - National Food Safety Education Month. www.nraef.org
 - National Cholesterol Education Month. www.nhlbi.nih.gov
- 24: Family Health and Fitness Day USA. www.fitnessday.com/family
- 27: National Women's & Day of Fitness. www.fitnessday.com
- 28: America on the Move Day of Fitness. www.americaonthemove.org



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October 2006

SUN	MON	TUE	WED	THU	FRI	SAT
	S				1	2
3	4	5	6	7	8	9
	National Child Health Day	International Walk to School Week: October 4—8				
10	11	12	13	14	15	16
	National School Lunch Week: October 11—15					World Food Day USA
17	18	19	20	21	22	23
	National Health Education Week: October 18—24					
24	25	26	27	28	29	30

SCHEDULE OF EVENTS

- National Observances
 - 1—31: National Children's Health Month. www.childrenshealth.gov
 - 11-15: National School Lunch Week. www.schoolnutrition.org
 - 17—23: National Health Education Week. www.nche.org
 - 3—7: International Walk to School Week. www.walktoschool.org
 - Campaign for Healthier Babies Month. <http://www.marchofdimes.com/>



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November 2006

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

SCHEDULE OF EVENTS

National Observances

- 1—30: American Diabetes Month



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December 2006

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27 National Women's Health & Day of Fitness	28 America on the Move Day of Action	29	30 Family Health & Fitness Day USA

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