**2019 Health Observances**

SmartHealth features health observances you can promote. Here is how:

1. Review the list below.
2. Choose a health observance activity.
3. Use the activity content found in the [2019 SmartHealth Activity Tile Library](https://www.hca.wa.gov/about-hca/washington-wellness/smarthealth#calendar) to create promotional material.
4. Promote.

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| **Month** | **Health observance** |
| February | American Heart Month |
| March | National Colorectal Cancer Awareness Month |
| April | National Distracted Driving Awareness Month |
| May | World No Tobacco Day |
| June | Men’s Health Month |
| August | National Breastfeeding Awareness Month |
| September | National Suicide Prevention Month  |
| October | National Breast Cancer Awareness Month |
| November | World Diabetes Day |