

January 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	New Year's Day					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	Martin Luther King Jr. Day					
21	22	23	24	25	26	27
28	29	30	31			

January 2007

Featured health observance: National Cervical Health Awareness Month

- ◆ A new vaccine called Gardasil can prevent cervical cancer, precancerous genital lesions, and genital warts caused by human papillomavirus (HPV). Ask your doctor or nurse about Gardasil!
- ◆ Make sure to get a Pap test to screen for cervical cancer every 1 to 3 years.
- ◆ Ask your doctor or nurse if you should get screened for this cancer more often.

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New Year's Day

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January

January 2007

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Saturday



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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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Sunday

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Monday

Martin Luther King Jr. Day

16
Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

January

January 2007

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January

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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			

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Sunday

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Monday

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Tuesday

31
Wednesday

Notes

January

February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					Groundhog Day	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
			Valentine's Day			
18	19	20	21	22	23	24
	President's Day		Ash Wednesday			
25	26	27	28			

February 2007

Featured health observance: Heart Month

Know the signs of a heart attack. During a heart attack, women often have one or more of these symptoms:

- ◆ pain, discomfort, or pressure in the center of the chest
- ◆ pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach
- ◆ shortness of breath (trouble breathing)
- ◆ breaking out in a cold sweat
- ◆ nausea or an upset stomach
- ◆ dizziness

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Groundhog Day

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February

February 2007

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February

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25	26	27	28			

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Valentine's Day

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February

February 2007

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Sunday

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President's Day

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Ash Wednesday

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Thursday

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Friday

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Saturday

February

S	M	T	W	T	F	S
				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			

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Monday

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Tuesday

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Wednesday

Notes

February

March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
						National Women and Girls HIV/AIDS Awareness Day
11	12	13	14	15	16	17
Daylight Saving Time starts						St. Patrick's Day
18	19	20	21	22	23	24
			Spring begins			
25	26	27	28	29	30	31

March

March 2007

Featured health observance: National Colorectal Cancer Awareness Month

Cancer of the colon or rectum is often called colorectal cancer. The colon and rectum are part of the large intestine, which is part of the digestive system.

- ◆ Your risk of getting colorectal cancer may increase if you aren't physically active, especially if your diet is high in fat. Another great reason to get moving!
- ◆ If you are 50 years of age or older, get a colonoscopy every 10 years.
- ◆ Ask your doctor or nurse if you should get screened for this cancer more often or at a younger age.

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March 2007

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National Women and Girls HIV/AIDS Awareness Day

March

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

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Daylight Saving Time starts

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Saturday
St. Patrick's Day

March

March 2007

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Spring begins

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March

S	M	T	W	T	F	S
				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	31

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Saturday

March

April 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Palm Sunday		First day of Passover			Good Friday	
8	9	10	11	12	13	14
Easter		Last day of Passover				
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

April 2007

Featured health observance: Sexual Assault Awareness Month

- ◆ Find a safe environment, anywhere away from your attacker. Then call 911 or the police.
- ◆ Talk with a counselor at the National Sexual Assault Hotline at 1-800-656-HOPE (4673).

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Palm Sunday

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Monday

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First day of Passover

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Wednesday

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Thursday

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Friday

Good Friday

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Saturday

April

April 2007

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Sunday

Easter

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Tuesday

Last day of Passover

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Wednesday

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Thursday

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Friday

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Saturday



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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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April

April 2007

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Saturday



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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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Sunday

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Monday

Notes

April

May 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
						Cinco de Mayo
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Celebrate National Women's Health Week (May 13-19). Get a checkup!						
Mother's Day						
20	21	22	23	24	25	26
27	28	29	30	31		
	Memorial Day					

May

May 2007

Featured health observance: National Osteoporosis Awareness and Prevention Month

Osteoporosis means that your bones get weak and brittle. Then you're more likely to break a bone.

- ◆ If you are 65 years old or older, get a bone density test.
- ◆ Get a bone density test *before* age 65 if you are between the ages of 60 and 64, weigh fewer than 154 pounds, and don't take estrogen.
- ◆ Quit smoking today! Smoking raises your risk of getting osteoporosis by damaging bones and lowering the amount of estrogen in the body, a hormone that slows the loss of bone.

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Saturday

Cinco de Mayo

May

May 2007

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Saturday



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20	21	22	23	24	25	26
27	28	29	30	31		

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Sunday
Mother's Day

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Saturday

May

May 2007

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Saturday



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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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Memorial Day

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Wednesday

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May

June 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Father's Day				Summer begins		
24	25	26	27	28	29	30

June

June 2007

Featured health observance: Home Safety Month

You can take some simple steps to create a safer home environment. The most common causes of accidents in the home are falls, fires and burns, and poisonings.

- ◆ Post the National Poison Control Hotline phone number next to every phone in your home. You can call them at 1-800-222-1222.
- ◆ Make a first-aid kit. Store it where family members can get to it.
- ◆ Make sure everyone in your home knows to “Stop, Drop, and Roll” if their clothes catch fire.
- ◆ Prepare a basic disaster supplies kit that is easy to carry in case you have to evacuate your home.

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June

June 2007

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Saturday

June

June 2007

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Sunday

Father's Day

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Summer begins

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Friday

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Saturday

June

S	M	T	W	T	F	S
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24	25	26	27	28	29	30

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June

July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			Independence Day			
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

July

July 2007

Featured health observance: **UV (ultraviolet) Safety Month**

- ◆ Sunglasses protect your eyes from too much exposure to ultraviolet (UV) rays, an invisible form of radiation that can damage your eyes.
- ◆ UV rays are strongest between 10 a.m. and 4 p.m., so sunglasses are especially important during those hours. Buy sunglasses that block 99 to 100 percent of UV rays.

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Independence Day

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July

July 2007

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Saturday



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July

July 2007

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Saturday



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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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Tuesday

Notes

July

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	31	
Women's Equality Day						

August

August 2007

Featured health observance: World Breastfeeding Week (August 1–7)

- ◆ Are you a breastfeeding mom with questions? Call the breastfeeding helpline at the National Women’s Health Information Center at 1-800-994-9662 or TDD 1-888-220-5446.
- ◆ Are you looking for more help with breastfeeding? Consider calling on a lactation consultant. They are specialized health care professionals dedicated to helping you with all aspects of breastfeeding your baby. To find a certified lactation consultant in your area, visit <http://gotwww.net/ilca>.

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August 2007

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August

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19	20	21	22	23	24	25
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August

August 2007

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August

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Sunday

Women's Equality Day

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Friday

August

September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Labor Day					
9	10	11	12	13	14	15
		Patriot Day		Ramandan begins Rosh Hashana		
16	17	18	19	20	21	22
						Yom Kippur
23	24	25	26	27	28	29
Autumn begins						
30						

September

September 2007

Featured health observance: National Cholesterol Education Month

Cholesterol is a waxy, fat-like substance found in all cells of the body. Your body makes all the cholesterol it needs. Too much cholesterol in the blood, or high blood cholesterol, can be serious.

- ◆ Everyone age 20 and older should have their blood cholesterol measured at least once every 5 years.
- ◆ If family members have high cholesterol (above 200), ask your doctor or nurse if you should get your cholesterol checked at a younger age or more often.
- ◆ If your cholesterol is high, learn what you *can* change in your lifestyle to lower your risk.

Notes

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September 2007

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Labor Day

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September

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23	24	25	26	27	28	29
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Patriot Day

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Ramandan begins, Rosh Hashana

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Friday

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September

September 2007

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Saturday

Yom Kippur

September

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
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Autumn begins

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September

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
	Columbus Day					
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
			Halloween			

October

October 2007

Featured health observance: National Mammography Day (October 19)

- ◆ Starting at age 40, every woman should get a mammogram every 1 to 2 years.
- ◆ Make an appointment with your doctor. Remind friends and family members to do the same.
- ◆ If you have a family history of breast cancer, ask your doctor if you need to start yearly mammograms at a younger age or more often.

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October

October 2007

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Columbus Day

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October

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28	29	30	31			

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October

October 2007

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October

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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Tuesday

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Wednesday

Halloween

Notes

October

November 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
Daylight Saving Time ends						
11	12	13	14	15	16	17
Veterans Day				Great American Smokeout		
18	19	20	21	22	23	24
				Thanksgiving Day		
25	26	27	28	29	30	

November

November 2007

Featured health observance: Lung Cancer Awareness Month

You can help lower your risk of lung cancer, the leading cause of cancer deaths among women.

- ◆ If you smoke, quit today.
- ◆ If you are a non-smoker, learn how to protect yourself and your family from secondhand smoke.
- ◆ Test your home for radon, a cancer-causing gas that can get into the air you breathe. You can't see it, smell it, or taste it!
- ◆ If you are exposed to dust and fumes where you work, ask your employer how you can be protected.

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Saturday	_____



November 2007

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Daylight Saving Time ends

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November

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18	19	20	21	22	23	24
25	26	27	28	29	30	

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Veterans Day

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Wednesday

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Thursday
Great American Smokeout

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Friday

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Saturday

November

November 2007

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Thursday

Thanksgiving Day

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Friday

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Saturday

November

S	M	T	W	T	F	S
				1	2	3
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18	19	20	21	22	23	24
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November

December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
			First day of Chanukah			
9	10	11	12	13	14	15
			Last day of Chanukah			
16	17	18	19	20	21	22
						Winter begins
23	24	25	26	27	28	29
30	31					
	New Year's Eve	Christmas Day	Kwanzaa			

December

December 2007

Featured health observance: World AIDS Day (December 1)

The best way to protect your body is to know the “ABCs” of STDs. If you choose *not* to follow A, B, or C, you could get a sexually transmitted disease (STD), including HIV, the virus that causes AIDS.

A = Abstinence. Not having sex of any kind (vaginal, anal, or oral sex) is the only 100% effective way to avoid getting STDs.

B = Be faithful. Being in a sexual relationship with only one partner who is free of an STD and who is also faithful to you limits the chance of infections.

C = Condoms. If you fail to follow “A” or “B,” use a latex condom. Latex condoms have been proven to reduce the risk of HIV infection and infection by many STDs, if used correctly and consistently every time you have sex.

Notes

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Saturday _____

December 2007

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Wednesday

First day of Chanukah

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Saturday

December

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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Wednesday

Last day of Chanukah

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Saturday

December

December 2007

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Sunday

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Saturday

Winter begins

December

S	M	T	W	T	F	S
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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	31					

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Sunday

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Monday

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Tuesday

Christmas Day

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Wednesday

Kwanzaa

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Sunday

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Saturday

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Monday

New Year's Eve

December

2007 Calendar

January 2007

S	M	T	W	T	F	S
	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	31			

February 2007

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18	19	20	21	22	23	24
25	26	27	28			

March 2007

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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April 2007

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May 2007

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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	31		

June 2007

S	M	T	W	T	F	S
					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

July 2007

S	M	T	W	T	F	S
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	31				

August 2007

S	M	T	W	T	F	S
			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	31	

September 2007

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

October 2007

S	M	T	W	T	F	S
	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	31			

November 2007

S	M	T	W	T	F	S
				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	

December 2007

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
²³ / ₃₀	²⁴ / ₃₁	25	26	27	28	29

2007 At-a-Glance

2008 Calendar

January 2008

S	M	T	W	T	F	S
		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	31		

February 2008

S	M	T	W	T	F	S
					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	

March 2008

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

April 2008

S	M	T	W	T	F	S
		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			

May 2008

S	M	T	W	T	F	S
				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	31

June 2008

S	M	T	W	T	F	S
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					

July 2008

S	M	T	W	T	F	S
		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	31		

August 2008

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

September 2008

S	M	T	W	T	F	S
	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				

October 2008

S	M	T	W	T	F	S
			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	31	

November 2007

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

December 2007

S	M	T	W	T	F	S
	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	31			