



# Monthly Communications Update

February 2025

## Key Topic(s)

This month you should be focusing your efforts on **Chronic Conditions, Reproductive & Sexual Wellness** and **Alcohol & Drug Misuse**. Visit the following links for resources on these areas:

**Chronic Conditions:** <https://warfighterwellness.org/chronic-conditions/>

**Reproductive & Sexual Wellness:** <https://warfighterwellness.org/reproductive-sexual-health/>

**Alcohol & Drug Misuse:** <https://warfighterwellness.org/alcohol-substance-misuse/>

## Health Observances

### Daily:

- **01 February:** National Get Up Day
- **01 February:** National Dark Chocolate Day
- **02 February:** Groundhog Day
- **04 February:** Homemade Soup Day
- **04 February:** World Cancer Day
- **05 February:** National Girls and Women in Sports Day
- **07 February:** Wear Red Day
- **07 February:** National Black HIV/AIDS Awareness Day
- **09 February:** Super Bowl
- **14 February:** Valentine's Day
- **14 February:** National Condom Awareness Day
- **14 February:** National Organ Donor Day
- **16 February:** National Almond Day
- **17 February:** Random Acts of Kindness Day
- **17 February:** Presidents Day
- **18 February:** National Drink Wine Day
- **20 February:** National Love Your Pet Day
- **20 February:** Great American Spit Out
- **22 February:** National Walk Your Dog Day
- **27 February:** National Protein Day

### Weekly:

- **01 – 07 February:** Women's Heart Week
- **02 – 08 February:** Burn Awareness Week
- **03 – 09 February:** Tinnitus Awareness Week
- **07 – 13 February:** African Heritage and Health Week



## NAVY AND MARINE CORPS FORCE HEALTH PROTECTION COMMAND IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

- **07 – 14 February:** Congenital Heart Disease (CHD) Awareness Week
- **14 – 20 February:** Random Acts of Kindness Week
- **14 – 21 February:** National Condom Week
- **24 February – 02 March:** National Eating Disorders Awareness Week

### Monthly:

- National Therapeutic Recreation Month
- American Heart Month
- National Cancer Prevention Month
- Black History Month
- National Bake for Family Fun Month
- National Self Check Month
- Responsible Pet Owners Month

### MHS Monthly Observances

- N/A

### Social Media

Each month you should complete **at least one** of the following items through your command's social media page:

Like the W2 Facebook page: [www.facebook.com/warfighterwellness/](http://www.facebook.com/warfighterwellness/)

Follow the W2 Instagram account: [www.instagram.com/warfighterwellness/](http://www.instagram.com/warfighterwellness/)

Like, comment, or share a post from the W2 Facebook and/or Instagram page.