



Monthly Communications Update

March 2025

Key Topic(s)

This month you should be focusing your efforts on **Reproductive & Sexual Wellness, Sleep, Stress & Resiliency** and **Physical Wellness**. Visit the following links for resources on these areas:

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

Sleep, Stress & Resiliency: <https://warfighterwellness.org/sleep-stress-resiliency/>

Physical Wellness: <https://warfighterwellness.org/physical-wellness/>

Health Observances

Daily:

- **01 March:** Endometriosis Awareness Day
- **01 March:** Self-Injury/Harm Awareness Day
- **01 March:** National Peanut Butter Lover's Day
- **03 March:** World Hearing Day
- **04 March:** International HPV Awareness Day
- **04 March:** World Obesity Day
- **04 March:** Brain Injury Awareness Day
- **06 March:** National Frozen Food Day
- **06 March:** National Dentists' Day
- **08 March:** International Women's Day
- **09 March:** Daylight Savings Time Begins
- **10 March:** National Pack Your Lunch Day
- **10 March:** National Women and Girls HIV/AIDS Awareness Day
- **12 March:** National Plant a Flower Day
- **13 March:** National K9 Veterans Day
- **13 March:** World Kidney Day
- **14 March:** Pie Day
- **14 March:** World Sleep Day
- **16 March:** March Madness Begins
- **17 March:** St. Patrick's Day
- **19 March:** National Poultry Day
- **20 March:** First Day of Spring
- **20 March:** International Day of Happiness
- **20 March:** National Native HIV/AIDS Awareness Day



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- **23 March:** National Chip and Dip Day
- **25 March:** American Diabetes Alert Day
- **26 March:** Purple Day - International Epilepsy Day
- **30 March:** National I Am in Control Day
- **30 March:** Take a Walk in the Park Day
- **30 March:** National Doctors' Day
- **30 March:** National Fitness Recovery Day

Weekly:

- **01 – 04 March:** International Women's Week
- **04 – 10 March:** Endometriosis Awareness Week
- **09 – 15 March:** National Sleep Awareness Week
- **10 – 16 March:** Brain Awareness Week
- **10 – 16 March:** Nutrition and Hydration Week
- **16 – 22 March:** National Poison Prevention Week

Monthly:

- Endometriosis Awareness Month
- Brain Injury Awareness Month
- National Colorectal Awareness Month
- National Women's History Month
- National Nutrition Month
- Save Your Vision Month
- Workplace Eye Wellness Month
- National Caffeine Awareness Month
- National Athletic Training Month
- National Kidney 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/

Follow the W2 Instagram account: www.instagram.com/warfighterwellness/

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