



SOCIAL MEDIA CALENDAR





2024

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	CI AUCOMA AWAREIVES										BLACK HISTORY MONTH February							WOMEN'S HISTORY MONTH							April NATIONAL MINORITY HEALTH MONTH						
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* Jan. 2 is National Motivation Day * Jan. 12 is National Pharmacists Day * Jan. 24 is National Compliment Day ASIAN AMERICAN &							* Feb	AMERICAN HEART MONTH V * Feb. 4 is World Cancer Day * Feb. 10 is Lunar New Year * Feb. 20 is World Day of Social Justice							31 * March 8 is International Women's Day * March 13 is No Smoking Day * March 20 is World Oral Health Day							* April 1 is Take Down Tobacco National Day of Action * Apr. 7 is World Health Day * Apr. 15 is Purple Up! for Military Kids Day * Apr. 22 is Earth Day									
PACIFIC	PACIFIC ISLANDER HERITAGE MONTH								June LGBTQ+ PRIDE MO							July July								August 🥕					NAT BRE	10	
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	* May 7 is World Asthma Day								30 * June 2 is Global Day of Parents								* July 4 is Independence Day MONTH							* Aug. 11 is Ntl Sons & Daughters Day							
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		EAST CANCER October								November NATIVE AMERICA								AN December HIV/AIDS AWARENESS MONTH													
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	29	30						27	28	29	30	31	REC	RIBU		24	25	26	27	28	29	30	29	30	31						
	Con C is Notice of Consultrapports Day										* Nov. 44 is Would Dishates Day								* Dag 1 is World AIDS Day												

* Sep. 13 is Stand Up to Cancer Day QUIT SMOKING

* Sep. 8 is National Grandparents Day

QUIT VAPING

* Sep. 12 is National Day of Encouragement * Oct. 10 is World Mental Health Day * Sep. 13 is Stand Up to Cancer Day * Oct. 20–26 is Healthcare Quality Week

■ QUIT SMOKELESS TOBACCO



Check us out online Free tools and info to help you or someone you care about quit.

KickItCa.org



Automated Text Program Helpful tips and encouragement at each step of your quit journey.

Text "Quit Smoking" or "Quit Vaping" to 66819 Envíe 'Dejar de Fumar' o "No Vapear" al 66819



* Oct. 7 is National Child Health Day

Speak with a Quit Coach Monday-Friday 7 am to 9 pm Saturday 9 am to 5 pm

English 1-800-300-8086 Spanish 1-800-600-8191

kickitca.org/app

COMING SOON!



* Nov. 21 is National Rural Health Day * Nov. 21 is the Great American Smokeout

* Nov. 14 is World Diabetes Day

Chat with a Ouit Coach Monday-Friday 7 am to 9 pm Saturday 9 am to 5 pm

kickitca.org/chat



Mobile Apps Quit Smoking Vids Download from the Tips for planning to quit, staying App Store & Google Play Store motivated, and handling cravings. Kick It California (formerly California Smokers' Helpline) provides free, non-judgmental quit support in English, Spanish, Chinese, Korean, and Vietnamese. Enroll today for one-on-one support from caring, trained professionals. We have lots of tools to help you! Coaching is based on clinical research conducted by UC San Diego Moores Cancer Center and funded by First 5 California and the California Department of Public Health.

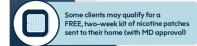
* Dec. 1 is World AIDS Day * Dec. 3 is Persons with Disabilities Day

* Dec. 31 is Make Up Your Mind Day









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