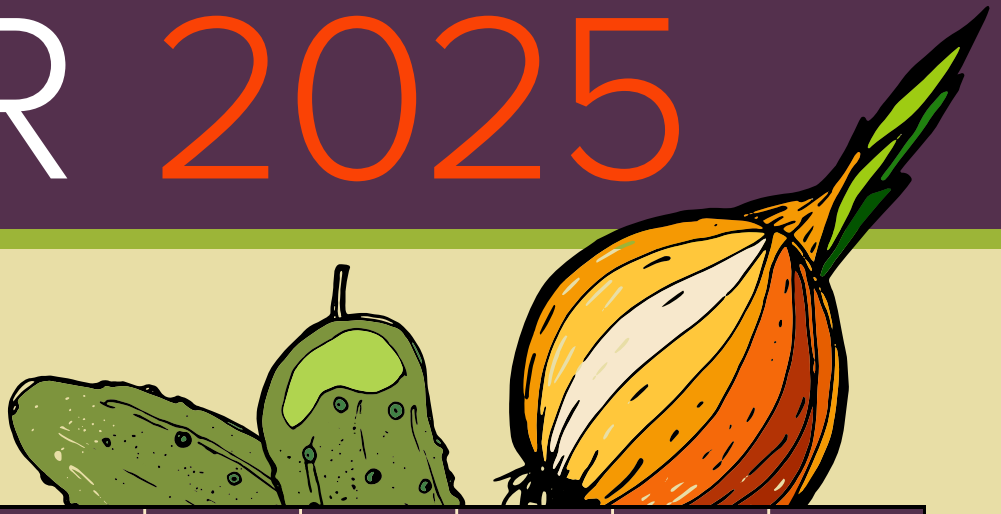
OCTOBER 2025



BREAST CANCER AWARENESS

Each year more than 245,000 women get breast cancer in the United States. Talk to your health care provider about when to start getting regular mammograms.
Learn more: nationalbreastcancer.org

PROSTATE CANCER AWARENESS

About one in nine men will be diagnosed with prostate cancer during their lifetime. Learn more about symptoms and recommended screenings.
Learn more: pcf.org

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Intimate partner violence affects more than 10 million people a year in the U.S. It can include physical, sexual, or emotional abuse, as well as coercion and stalking by a current or former partner. Learn how to recognize the signs.
Learn more: ncadv.org

MENTAL ILLNESS AWARENESS WEEK OCTOBER 2–8

Increase your understanding and reduce the stigma of mental health conditions.
Learn more: nami.org/get-involved

SU	MO	TU	WE	TH	FR	SA
			Yom Kippur 1	Yom Kippur 2	3	4
5	6	7	8	9	World Mental Health Day 10	National Coming Out Day 11
12	Indigenous People's Day 13	14	15	16	17	18
19	Diwali 20	21	22	23	24	25
26	27	28	29	30	Halloween 31	

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