

2024

Veterans Health Library

Helping Veterans stay well and well-informed



JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day*					
	1	2	3	4	5	6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
14	Birthday of Martin Luther King Jr. (Observed)*	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		DECEMBER 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 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

**Clinic hours may vary.*



Limit Alcohol. By drinking too much alcohol, you increase your risk for health problems. Your VA health care team can help if you have questions about cutting back on alcohol. For more information about drinking and your health, scan the QR code to the left.

veteranshealthlibrary.va.gov



FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 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	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				Groundhog Day	
				1	2	3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	Chinese New Year 10
11	12	13	Valentine's Day Ash Wednesday 14	15	16	17
18	Washington's Birthday (Observed)* 19	20	21	22	23	24
25	26	27	28	29		



Strive for a Healthy Weight. Making healthy choices may help reach or maintain a weight that's right for you, improve your energy, and prevent or control many health conditions. The Veterans Health Library offers information on managing your health and weight. Scan the QR code to learn more.

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**Clinic hours may vary.*

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MARCH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY	APRIL					
S M T W T F S	S M T W T F S					
1 2 3	1 2 3 4 5 6					
4 5 6 7 8 9 10	7 8 9 10 11 12 13					
11 12 13 14 15 16 17	14 15 16 17 18 19 20					
18 19 20 21 22 23 24	21 22 23 24 25 26 27					
25 26 27 28 29	28 29 30					
					1	2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
Daylight saving time begins Ramadan begins at sundown 10	11	12	13	14	15	16
St. Patrick's Day 17	18	First day of spring 19	20	21	22	23
24 Palm Sunday Easter 31	25	26	27	28	Good Friday 29	30



Eat Wisely. Healthy food and beverage choices can help you avoid chronic diseases. Scan the QR code to visit the Veterans Health Library and find tips on eating wisely.

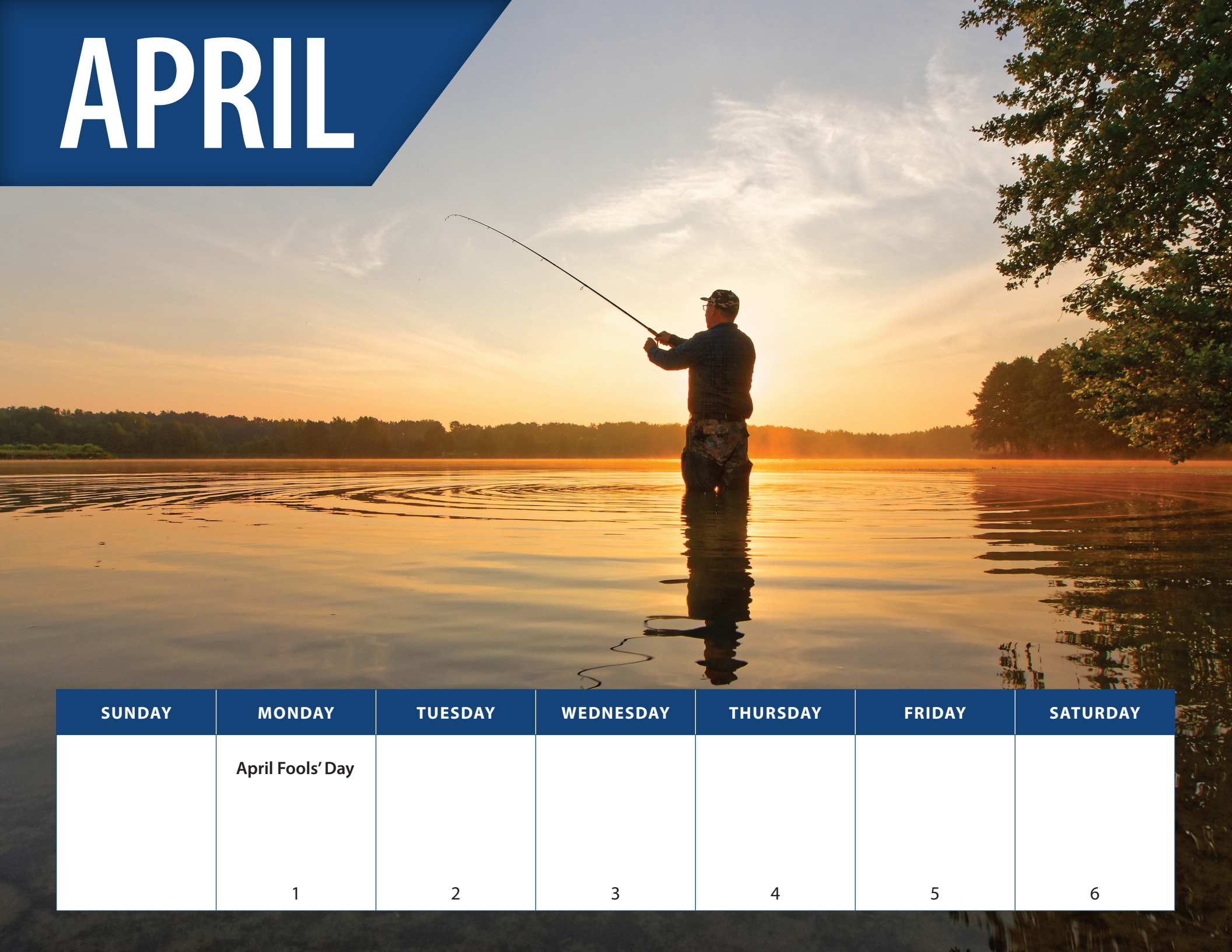
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APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April Fools' Day					
	1	2	3	4	5	6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	Passover begins at sundown Earth Day	23	24	25	26	27
28	29	30			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	MAY 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



Be Involved in Your Health Care. Taking an active role in your health care helps you get the best results. Scan the QR code to find ideas for making the most of your medical visits.

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MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 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	JUNE 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		1	2	3	4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cinco de Mayo 5	6	7	8	9	10	11
Mother's Day 12	13	14	15	16	17	Armed Forces Day 18
19	20	21	22	23	24	25
26	Memorial Day*	28	29	30	31	

**Clinic hours may vary.*



Be Physically Active. For better health, be physically active. Any amount of activity can benefit your health. For ideas on how to be physically active, scan the QR code.

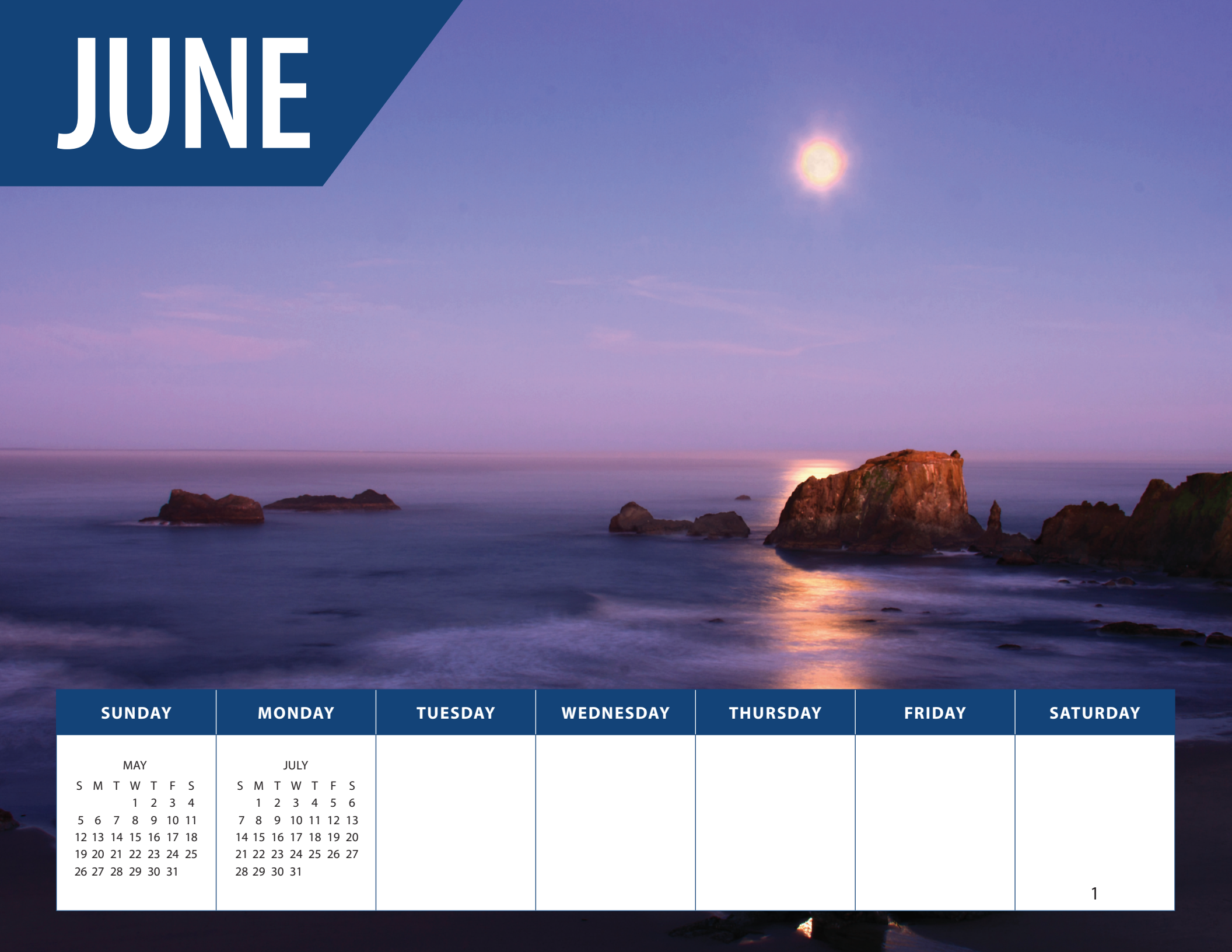
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JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 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	JULY 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					1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
9	10	11	12	13	Birthday of the U.S. Army Flag Day	15
Father's Day 16	17	18	Juneteenth National Independence Day*	First day of summer 20	21	22
23 30	24	25	26	27	28	29

**Clinic hours may vary.*



Sleep Well. Quality sleep is just as important to your health as a balanced diet and exercise. For tips on how to improve your sleep, scan the QR code.

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JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Independence Day*		
	1	2	3	4	5	6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 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	AUGUST 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

**Clinic hours may vary.*



Manage Blood Sugars. Be involved in your health care by keeping your blood sugar levels in check. Scan the QR code for tips on how to check your blood sugar.

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AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>JULY</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30 31</div>	<div>SEPTEMBER</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30</div>					
				1	2	3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Birthday of the U.S. Coast Guard 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



Get Recommended Vaccines. One of the best ways to be healthy is by staying up to date with immunizations. Scan the QR code and visit the Veterans Health Library to learn more about how vaccines can protect you against many diseases.

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SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Labor Day*					
1	2	3	4	5	6	7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Grandparents Day 8	9	10	Patriot Day 11	12	13	14
15	16	17	Birthday of the U.S. Air Force 18	19	20	21
First day of fall 22	23	24	25	26	27	28
29	30				AUGUST 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	OCTOBER 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

**Clinic hours may vary.*



Be Safe: Prevent Sexually Transmitted Infections. Sexually transmitted infections (STIs) are infections you get by having sex with someone who has an STI. You could have an STI and not even know it—they don't always have symptoms. Scan the QR code to learn more about protecting yourself.

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OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Rosh Hashanah begins at sundown			
		1	2	3	4	5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9	10	Yom Kippur begins at sundown 11	12
Birthday of the U.S. Navy 13	Columbus Day* 14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Halloween 31	SEPTEMBER 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	NOVEMBER 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

**Clinic hours may vary.*



Get Screened for Breast Cancer. Talk with your provider about breast cancer screening. Mammograms are a vital tool in the fight against breast cancer. They can find cancer early, when it is easiest to treat. Scan the QR code to learn the basics about mammography.

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NOVEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER 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	DECEMBER 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					
					1	2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daylight saving time ends 3	4	Election Day 5	6	7	8	9
Birthday of the U.S. Marine Corps 10	Veterans Day* 11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	Thanksgiving Day* 28	29	30

**Clinic hours may vary.*

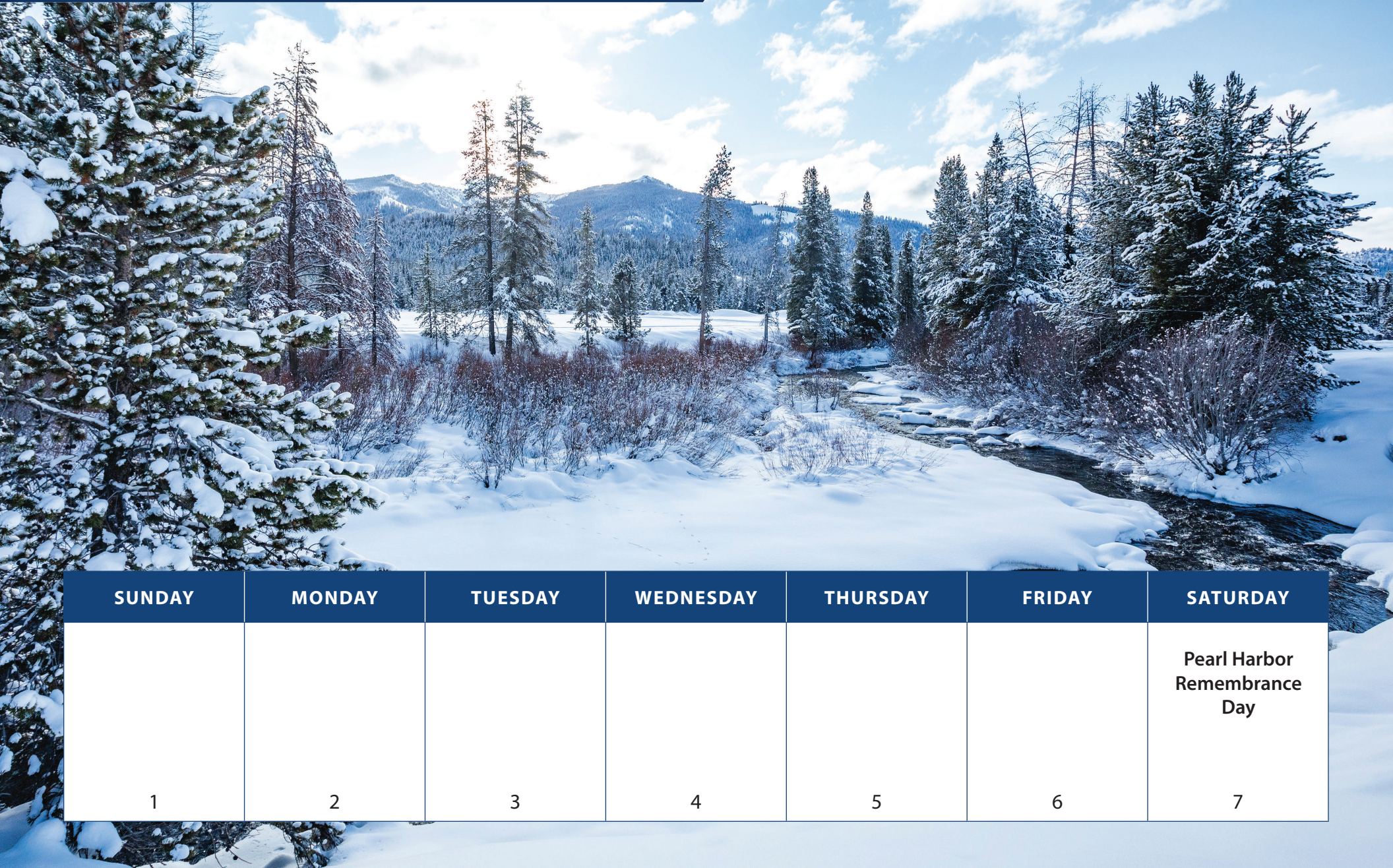


Be Tobacco Free. If you smoke, quitting can give your health a major boost. Think about your reasons for wanting to quit and learn more about how to plan your quit date by scanning the QR code.

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DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	Pearl Harbor Remembrance Day 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	9	10	11	12	Birthday of the U.S. National Guard 13	14
15	16	17	18	19	Birthday of the U.S. Space Force 20	First day of winter 21
22	23	Christmas Eve 24	Christmas Day* Hanukkah begins at sundown 25	First day of Kwanzaa 26	27	28
29	30	New Year's Eve 31			NOVEMBER 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	JANUARY 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

**Clinic hours may vary.*



Manage Stress. The Veterans Health Library offers resources to help you relax and manage the stress in your life. That's good for both your mind and body. Scan the QR code to learn about stress management.

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2025

AT A GLANCE

JANUARY

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

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

MARCH

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23	24	25	26	27	28	29
30	31					

APRIL

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26	27	28	29	30		

MAY

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18	19	20	21	22	23	24
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JUNE

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JULY

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26	27	28	29	30	31	

AUGUST

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPTEMBER

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

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

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

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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Sleep Well



Manage Stress



Get Recommended Screening Tests and Immunizations



Be Involved In Your Health Care



Be Tobacco Free



Limit Alcohol



Be Safe



Strive for a Healthy Weight



Be Physically Active



Eat Wisely

www.prevention.va.gov



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U.S. Department of Veterans Affairs
Veterans Health Administration

Healthy Living Supports Whole Health

Healthy Living and Whole Health support you
by focusing on what matters most to you.

