

Wellness Institute Monthly Calendar

April 2022



Special Focus for April

National Alcohol Awareness Month

Alcoholism is the third-leading preventable cause of death in the United States, claiming the lives of more than 90,000 people every year. Share and post [info and awareness materials](#).



National Jazz Appreciation Month

Learn about jazz greats at the [National Museum of American History](#), part of the Smithsonian Institution in Washington, DC.

Week 1: April 3-9

National Laugh at Work Week runs from Friday, April 1 through Thursday, April 7. Add fun to the work week! Laugh to boost your mood (emotional wellness), relieve stress (physical wellness), and connect with others (social wellness).

April 6: National Walking Day

Put on your outdoor shoes and get moving!

April 7: National Alcohol Screening Day

Check your own alcohol use [online](#) or by using a [downloadable self-assessment](#) form.

Screening and treatment information is available from the [SAMHSA website](#) or 1-800-662-HELP

April 7: World Health Day

The theme for this year's World Health Day is [Our Planet, Our Health](#). Learn more about how the climate and your environment affect your health.

Week 2: April 10-16

April 11: National Pet Day

No pet of your own? Visit someone else's or watch a funny pet video online!

April 13: Scrabble® Day

Learn a new word. Make the longest word you can with Scrabble tiles. Challenge a friend to a game.

Play solitaire on the gameboard. Check out one of the many spin-off games that use cards or apps to play online. Most of all, have fun!



April 14: International Moment of Laughter Day Founded by [Izzy Gesell](#), who describes himself as a professional "humorologist," this is a day to consciously enjoy a laugh on you own and to share a laugh with someone else.

Week 3: April 17-23

April 18-22: Environmental Education Week

This week-long national celebration wraps up on **Earth Day** (April 22). Earth Day is celebrated on April 22 annually. The day was born out of a massive oil spill in Santa Barbara, California, and carried forward today by the [Earth Day Network](#). Earth Day was created to help bring awareness and support for environmental protection around the world.

The Earth Day 2022 Theme is Invest In Our Planet. What will you do?



Week 4: April 24-30

April 28: Great Poetry Reading Day

As we come to the end of *National Poetry Month*, share one of your favorite poems out loud. No favorite poem? Learn about famous poets and reading a few poems on the [Poetry Foundation](#) website. Listen to a poet on YouTube. You might start with Maya Angelou's [Still I Rise](#) or Robert Frost's [Birches](#).

April 29: Arbor Day

Help the environment by encouraging individuals to plant trees and other plants in an effort to take care of our environment.

There are many ways to celebrate the day—learn more from the [Arbor Day Foundation](#).

April 30: National Oatmeal Cookie Day

Easy to make, delicious to eat. Bake and share a healthy oatmeal cookie today (or any day). You can find lots of free recipes online (including many that are gluten-free).

Happy Earth Day!

References and Resources

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