

## **May Holidays & Observances**

### **May 1**

- Learn to Ride a Bike Day
- National Anxiety Disorders Screening Day
- School Principals' Day
- World Lyme Day

### May 2

- National Brothers and Sisters Day

### **May 3**

- National Garden Meditation Day

### **May 4**

- International Firefighters Day
- National Fitness Day
- National Weather Observers Day
- National Wildfire Community Preparedness Day

### **May 5**

- Cinco de Mayo
- Museum Lover's Day
- Sleep Apnea Awareness Day
- World Laughter Day
- National Day for Awareness of Missing and Murdered Indigenous Women and Girls

### **May 6**

- Melanoma Monday
- Great Lakes Awareness Day
- National Herb Day
- National Nurses Day

### **May 7**

- National Asthma Day
- National Foster Care Day
- National Teacher Appreciation Day

**May 8**

- National Student Nurse Day
- World Ovarian Cancer Day
- World Red Cross and Red Crescent Day

**May 10**

- Child Care Provider Day
- National School Nurse Day
- National Small Business Day
- Public Gardens Day
- World Lupus Day

**May 11**

- World Fair Trade Day
- World Migratory Bird Day

**May 12**

- International Nurses Day
- Mother's Day
- Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) International Awareness
- National Fibromyalgia Awareness Day
- National Hospital Day
- National Mental Health Provider Appreciation Day

**May 13**

- National Women's Checkup Day (2nd Monday)

**May 14**

- Bond With Your Dog Day
- National Decency Day

**May 15**

- Bring Flowers to Someone Day
- International Day of Families
- Peace Officers Memorial Day

**May 16**

- National Do Something Good for Your Neighbor Day
- National Love a Tree Day

## **May 17**

- International Day Against Homophobia, Transphobia, and Biphobia
- Malcolm X Day
- National Bike to School Day
- National Bike to Work Day
- National Endangered Species Day
- World Hypertension Day

## **May 18**

- Armed Forces Day
- Global Accessibility Awareness Day
- National Learn to Swim Day
- National River Cleanup Day
- National Visit Your Relatives Day
- HIV Vaccine Awareness Day

## **May 19**

- Plant Something Day
- Stepmother's Day
- World Family Doctor Day
- World Inflammatory Bowel Disease (IBD) Day
- Barber Mental Health Awareness Day

## **May 20**

- National Rescue Dog Day
- National Women in Aerospace Day
- World Bee Day

## **May 21**

- Eat More Fruits and Vegetables Day
- World Meditation Day
- National American Red Cross Founder's Day
- World Day for Cultural Diversity for Dialogue and Development

## **May 22**

- Buy a Musical Instrument Day
- Emergency Medical Services for Children Day
- Harvey Milk Day
- National Maritime Day

**May 23**

- World Turtle Day

**May 24**

- Brother's Day
- National Road Trip Day
- World Schizophrenia Awareness Day

**May 25**

- National Missing Children's Day
- National Tap Dance Day
- National Wine Day
- World Thyroid Day

**May 26**

- National Family Fun Day

**May 27**

- Memorial Day
- National Sunscreen Day

**May 28**

- Amnesty International Day
- World Blood Cancer Day
- World Hunger Day
- Trail of Tears
- Menstrual Hygiene Day

**May 29**

- National Senior Health and Fitness Day

**May 30**

- International Hug Your Cat Day
- National Creativity Day
- World Multiple Sclerosis Day

**May 31**

- National Heat Awareness Day

- National Save Your Hearing Day
- National Smile Day
- World No Tobacco Day

#### Weekly Observances in May 2024

- **April 28 to May 4:** National Small Business Week
- **May 5 to 11:** Be Kind to Animals Week, Women in Construction Week, National Pet Week, National Wildflower Week
- **May 6 to May 10:** Teacher Appreciation Week
- **May 6 to 12:** Children's Book Week, National Nurses Week
- **May 11 to 17:** Brain Injury Awareness Week
- **May 12-18:** National Women's Health Week
- **May 13 to 19:** Bike to Work Week, National Stuttering Awareness Week
- **May 15 to 21:** National Vegetarian Week
- **May 20-26:** National Safe Sun Week
- **May 19 to 25:** National EMS Week, National Public Works Week, National Travel and Tourism Week

#### Monthly Observances in May 2024

- ALS Awareness Month
- American Stroke Month
- American Wetlands Month
- Arthritis Awareness Month
- Asian American and Pacific Islander Heritage Month
- Better Sleep Month
- Bladder Cancer Awareness Month
- Borderline Personality Disorder Awareness Month
- Brain Cancer Awareness Month
- Building Safety Month
- Celiac Awareness Month
- Chip Your Pet Month
- Clean Air Month
- Family Wellness Month
- Fibromyalgia Education and Awareness Month
- Gardening for Wildlife Month
- Jewish American Heritage Month
- Latino Books Month
- Lupus Awareness Month
- Melanoma and Skin Cancer Awareness Month
- Mental Health Awareness Month
- Military Appreciation Month
- Motorcycle Safety Awareness Month
- National Allergy and Asthma Awareness Month
- National Bicycle Safety Month
- National Blood Pressure Month
- National Cancer Research Month
- National Cystic Fibrosis Awareness Month

- National Foster Care Month
- National Inventors Month
- National Lyme Disease Awareness Month
- National Meditation Month
- National Osteoporosis Awareness and Prevention Month
- National Pet Month
- National Physical Fitness and Sports Month
- National Walking Month
- National Wildfire Awareness Month
- Older Americans Month
- Pet Sitter Safety Month
- Preeclampsia Awareness Month
- Skin Cancer Awareness Month
- Small Business Month
- National Teen Pregnancy Prevention Month

**References:**

[May Holidays and Observances 2024: Full Calendar \(today.com\)](#)

[May Holidays and Observances 2024 Calendar \(countryliving.com\)](#)

[May Diversity Calendar 2024, Multicultural Holidays & Events \(diversityresources.com\)](#)

[May National Health Observances: Physical Fitness, Mental Health, Older Adults, and Women's Health - News & Events | health.gov](#)

[Health Observances - Women's Health - CDC](#)