

# 2025

## Veterans Health Library

Helping Veterans stay well and well-informed



# JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DECEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>	<p>FEBRUARY</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28</p>		<p>New Year's Day*</p> <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	<b>Birthday of Martin Luther King Jr.</b> (Observed)*	21	22	23	24	25
26	27	28	Chinese New Year	30	31	

*\*Clinic hours may vary.*



**Strive for a Healthy Weight.** Maintaining a healthy weight can help you feel better, improve your energy, and prevent or control many health conditions. The Veterans Health Library offers a variety of resources to help you meet your health and weight goals, including the MOVE! Program. Scan the QR code to learn more.

[veteranshealthlibrary.va.gov](http://veteranshealthlibrary.va.gov)



# FEBRUARY



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Groundhog Day  2	3	4	5	6	7	8
9	10	11	12	13	Valentine's Day  14	15
16	Washington's Birthday (Observed)*  17	18	19	20	21	22
23	24	25	26	27	28	

*\*Clinic hours may vary.*



**Know Your Medicines.** Taking your medicines as directed can greatly improve your health. Be sure to tell your provider about all the medicines you take, including any over-the-counter medicines or supplements. Scan the QR code for more information about staying safe with medicines.

[veteranshealthlibrary.va.gov](https://veteranshealthlibrary.va.gov)



# MARCH



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Ash Wednesday			
2	3	4	5	6	7	8
Daylight saving time begins						
9	10	11	12	13	14	15
	St. Patrick's Day			First day of spring		
16	17	18	19	20	21	22
23	24					
Eid al-Fitr (expected) 30	31	25	26	27	28	29



**Eat Wisely.** Your food and drink choices are an important part of a healthy lifestyle. All foods, including your favorites, can fit into a healthy eating plan. Scan the QR code to visit the Veterans Health Library and find tools for healthy eating.

[veteranshealthlibrary.va.gov](https://veteranshealthlibrary.va.gov)



# APRIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Passover
6	7	8	9	10	11	12
Palm Sunday					Good Friday	
13	14	15	16	17	18	19
Easter		Earth Day				
20	21	22	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.** You are the most important member of your health care team! Taking an active role in your health care helps you get the best results. Scan the QR code to learn more about how to make the most of your medical visits.

[veteranshealthlibrary.va.gov](http://veteranshealthlibrary.va.gov)



# MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cinco de Mayo					
4	5	6	7	8	9	10
Mother's Day						Armed Forces Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Memorial Day*				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
25	26	27	28	29	30	31

*\*Clinic hours may vary.*

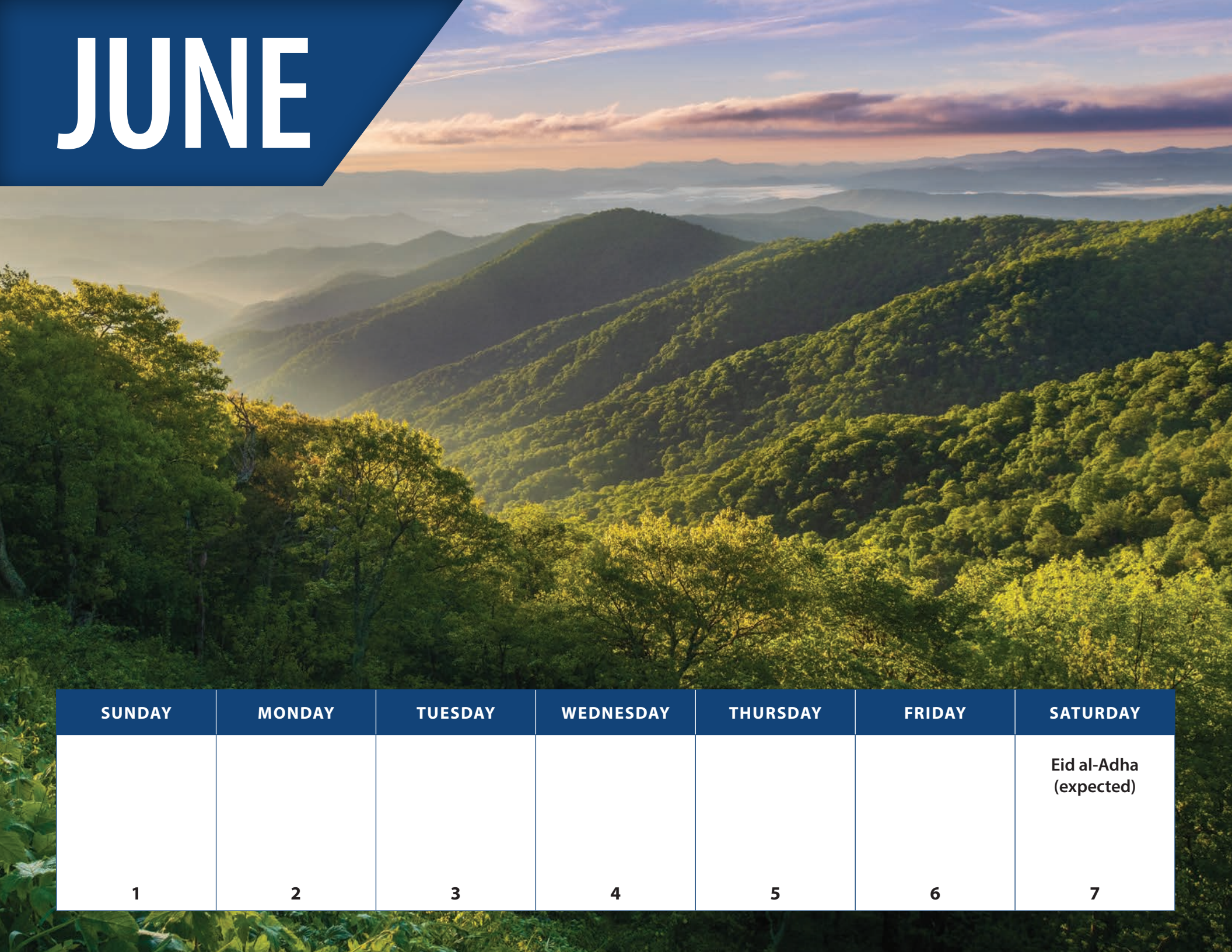


**Be Physically Active.** Staying active is one of the best ways to improve your health. Being active lowers your risk of many chronic diseases, helps manage weight, improves sleep, relieves stress, and boosts your energy! For ideas on how to stay active, scan the QR code.

[veteranshealthlibrary.va.gov](https://veteranshealthlibrary.va.gov)



# JUNE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	Eid al-Adha (expected) 7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8	9	10	11	12	13	Birthday of the U.S. Army Flag Day 14
Father's Day 15	16	17	18	Juneteenth National Independence Day* 19	First day of summer 20	21
22	23	24	25	26	27	28
29	30				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

*\*Clinic hours may vary.*



**Sleep Well.** A comfortable sleep environment and calming bedtime routine can help you with falling and staying asleep. Scan the QR code for tips on how to improve your sleep.

[veteranshealthlibrary.va.gov](https://veteranshealthlibrary.va.gov)



# JULY



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
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27	28	29	30	31	<p style="text-align: center;">JUNE</p> <table border="0"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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						<p style="text-align: center;">AUGUST</p> <table border="0"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1 2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	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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*\*Clinic hours may vary.*



**Limit Alcohol.** People who drink within recommended limits are at lower risk for developing problems with alcohol use or other health problems. Talk with your VA health care team if you have questions about cutting back on alcohol. For more information about recommended drink limits, scan the QR code.

[veteranshealthlibrary.va.gov](http://veteranshealthlibrary.va.gov)



# AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Birthday of the U.S. Coast Guard</b>					
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
24 \					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 <b>29</b>	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 <b>30</b>
<b>31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>



**Get Recommended Vaccines and Screening Tests.** Protect yourself and the people you love from preventable diseases by staying up to date on your immunizations. Scan the QR code to visit the Veterans Health Library to learn more about how vaccines can help keep you healthy.

[veteranshealthlibrary.va.gov](https://veteranshealthlibrary.va.gov)



# SEPTEMBER



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Grandparents Day  7	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 Rosh Hashanah begins at sundown  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 Self-Harm.** Severe distress can negatively affect our bodies, our thoughts, and our actions. For some people, severe distress can lead to thoughts of self-harm or suicide. Scan the QR code to learn the warning signs and what to do if you or someone you know is in crisis.

[veteranshealthlibrary.va.gov](https://veteranshealthlibrary.va.gov)





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
12	Columbus Day* Birthday of the U.S. Navy	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Halloween	31

*\*Clinic hours may vary.*



**Focus on Breast Cancer Screening.** Talk with your provider about breast cancer screening. Mammograms can help find breast cancer early, when it's easier to treat. Learn more about mammograms by scanning the QR code.

[veteranshealthlibrary.va.gov](http://veteranshealthlibrary.va.gov)



# NOVEMBER



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daylight saving time ends  2	3	Election Day  4	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				Thanksgiving Day*  27	28	29
30	24	25	26	27	28	29

*\*Clinic hours may vary.*



**Be Tobacco Free.** It's never too late to quit using tobacco. If you quit smoking or other forms of tobacco use, you can give your health a major boost. VA offers resources for making a quit plan and sticking to it. Scan the QR code to learn more.

[veteranshealthlibrary.va.gov](http://veteranshealthlibrary.va.gov)



# DECEMBER



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pearl Harbor Remembrance Day  7	8	9	10	11	12	Birthday of the U.S. National Guard  13
First day of Hanukkah  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*  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.** Stress is a normal part of life, but too much stress can affect your health. Different people need different tools for managing stress. Create a plan today that works for you. Scan the QR code.

[veteranshealthlibrary.va.gov](https://veteranshealthlibrary.va.gov)



# 2026

## AT A GLANCE

### JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

### FEBRUARY

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22	23	24	25	26	27	28

### MARCH

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22	23	24	25	26	27	28
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### APRIL

S	M	T	W	T	F	S
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### MAY

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24	25	26	27	28	29	30
31						

### JUNE

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### JULY

S	M	T	W	T	F	S
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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	

### AUGUST

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23	24	25	26	27	28	29
30	31					

### SEPTEMBER

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

### OCTOBER

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

### NOVEMBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### DECEMBER

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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						



## Veterans Health Administration Health Care Resources

### Apply for VA health care

Apply for health care benefits for Veterans and transitioning service members.

*Health Care Hotline (877) 222-8387*

[www.va.gov/health-care/how-to-apply/](http://www.va.gov/health-care/how-to-apply/)

### Learn about your VA primary care team

VA takes a team approach to health care with you at the center.

*Health Care Hotline (877) 222-8387*

[www.va.gov/health-care/about-va-health-benefits/your-care-team/](http://www.va.gov/health-care/about-va-health-benefits/your-care-team/)

### Explore community care/MISSION Act

Access other providers when VA cannot provide the care needed.

*Community Care National Contact Center (877) 881-7618*

[www.va.gov/communitycare/](http://www.va.gov/communitycare/)

### Learn about the PACT Act

Learn how the PACT Act expands VA health care and benefits for Veterans exposed to burn pits, Agent Orange, and toxic substances.

*MyVA411 (800) 698-2411 (TTY: 711)*

[www.va.gov/resources/the-pact-act-and-your-va-benefits/](http://www.va.gov/resources/the-pact-act-and-your-va-benefits/)

## Veterans Benefits Administration Disability Resources

### Apply for an initial disability rating or increase

Learn how to file a claim for a disability related to military service.

*VA Benefits Line (800) 827-1000*

[www.va.gov/disability/how-to-file-claim/](http://www.va.gov/disability/how-to-file-claim/)

### Find local Veteran Service Organizations (VSO)

Get help from an accredited representative.

[www.va.gov/get-help-from-accredited-representative/](http://www.va.gov/get-help-from-accredited-representative/)

### Education and Training Resources

#### Continue education with the GI Bill

Explore how VA can help pay for education. Education Contact Center

*From the U.S. (888) 442-4551*

*From Overseas 001-918-781-5678*

[www.va.gov/education/about-gi-bill-benefits](http://www.va.gov/education/about-gi-bill-benefits)



## Contact the Veterans Crisis Line Available 24/7 via phone, text and online chat

*Crisis Hotline Dial 988 then press 1*

*Text Hotline 838255*

<https://www.veteranscrisisline.net/>

## National Cemetery Administration

### Burials and Memorials

Schedule a burial for a Veteran or family member

*National Cemetery Scheduling Office (800) 535-1117*

<https://www.va.gov/burials-memorials/schedule-a-burial/>

Visit any links listed at <https://www.va.gov> or call MyVA411 (800) 698-2411 to learn more about each resource.