

Thank you for downloading your Chamber Pros Social Media Content Calendar for May, 2023.

This content calendar is to help inspire your daily, weekly, and monthly posts. The idea is to use this calendar to spotlight your members – for example,

May is Small Business Month -- Do you have small businesses who are member?

By tying your posts to relevant holidays and events, it feels natural and even fun. And the best part? These content ideas work on all platforms!

Simply go through the days, weeks, and months until you find an idea that works for you.

We're here to help you highlight your members, your community, and your chamber.

Let's get creative together!

IDEAS TO USE

PLEASE NOTE: **BOLDED, HIGHLIGHTED WORDS** have a Content Marketing Bundle Plus* Image(s) and can be searched for in your folders.

*Not a Content Marketing Bundle Plus subscriber? Find out more here: <u>bit.ly/cmbpplus</u>



MONTH:

A Dress A Day In May Allergy Awareness Month ALS Awareness Month American Cheese Month American Wetlands Month Apraxia Awareness Month

Aramanth Month Arthritis Awareness Month

Asian American and Pacific Islander Heritage Month

Asparagus Month

Asthma Awareness Month

Barbecue Month

Be Kind to Animals Month

Better Hearing & Speech Month

Better Speech and Language Month

Better Sleep Month

Bike Month

Bladder Cancer Awareness Month

Blood Pressure Education Month

Breath Easy Month

Building Safety Month

Celiac Disease Awareness Month

Chamber Music Month

Chip Your Pet Month

Chocolate Custard Month

Clean Air Month

Comfort Month

Community Action Month

Correct Your Posture Month

Creative Beginnings Month

Cystic Fibrosis Awareness Month

Date Your Mate Month Month



MONTH:

Deck Safety Month Dental Care Awareness Month Duckling Month Egg Month

Ehlers-Danlos Syndrome Awareness Month

Electrical Safety Month

Family Wellness Month

Fibromyalgia Education and Awareness Month

Food Allergy Action Month

Foster Care Month

Gardening for Wildlife Month

Gazpach Aficiondado Month

Get Caught Reading Month

Gifts from the Garden Month

Global Civility Awareness Month

Global Employee Health And Fitness Month

Global Youth Traffic Safety Month

Golf Month

Good Car Keeping Month Haitian Heritage Month

Hamburger Month

Heal the Children Month

Healthy Vision Month

High Blood Pressure Education Month

Huntington's Disease Awareness Month

International Audit Month

International Business Image Improvement Month

International Drum Month

International Meditation Month

International Respect for Chickens Month

International Victorious Women Month

Internet and E-Commerce Services Month



MONTH:

Inventors Month

Jewish-American Heritage Month

Labor History Month

Latino Book Month

Lupus Awareness Month

Lyme Disease Awareness Month

Mediterranean Diet Month

Melanoma / Skin Cancer Detection and Prevention

Month

Mental Health Awareness Month

Military Appreciation Month

Miniature Garden Month

Motorcycle Awareness Month

Motorcycle Safety Month

Moving Month

Mystery Month

Older Americans Month

Osteoporosis Prevention Month

Personal History Month

Pet Month

Photo / Photography Month

Physical Fitness & Sports Month

Physiotherapy Month

Prader-Willi Syndrome Awareness Month

Prepare Tomorrow's Parents Month

Preservation Month

React Month

Recommitment Month

Responsible Animal Guardian Month

Returning Youth Month

Revise Your Work Schedule Month

Salad Month



MONTH:

Salsa Month
Save Your Tooth Month
Service Dog Eye Examination Month
Sight-Saving Month
Skin Cancer Awareness Month

Small Business Month

Smile Month Strawberry Month Strike Out Strokes Month Stroke Awareness Month Sweet Vidalia Onions Month

Teen CEO Month

Tennis Month
Tourettes Syndrome Awareness Month (5/15 -

Tourettes Syndrome Awareness Month (5/15 - 6/15)

Trauma Awareness Month

Teen Self-Esteem Month

Tuberous Sclerosis Month

Ultra-violet Awareness Month

Water Safety Month

Wildfire Awareness Month

Women's Health Care Month

Worldwide Home Schooling Awareness Month

Vinegar Month

Young Achievers / Leaders of Tomorrow Month

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IDEAS TO USE



WEEK CELEBRATIONS

Hurricane Preparedness Week - Apr 30 - May 6

Small Business Week -Apr 30 - May 6

Air Quality Awareness Week - May 1-5

Construction Safety Week - May 1-5

Lawyer Well-Being Week - May 1-5

Safety Stand Down Week (Construction Falls) - May 1-5

Screen-Free Week (Digital Detox Week) - May 1-5

Auctioneers Week - May 1-6

Geek Week - May 1-6

Children's Book Week - May 1-7

Children's Mental Health Week - May 1-7

Deaf Awareness Week - May 1-7

Dog Anxiety Awareness Week - May 1-7

Hug Holiday Week - May 1-7

Physical Education and Sports Week - May 1-7

Sun Safety Week - May 1-7

Wildflower Week - May 1-7

International Building Safety Week - May 2-6

World Dystonia Awareness Week - May 3-11

The Biggest Week in American Birding - May 5-14

Nurses Week - May 6-12

Anxiety & Depression Awareness Week - May 7-13

Armed Forces Week - May 7-13

Arson Awareness Week - May 7-13

Be Kind to Animals Week - May 7-13

Charter Schools Week - May 7-13

Correctional Officer's Week - May 7-13

Dating and Life Coach Recognition Week - May 7-13

Drinking Water Week - May 7-13

Family Week - May 7-13

Flexible Work Arrangement Week - May 7-13

Food Allergy Awareness Week - May 7-13



WEEK CELEBRATIONS

Hospital Week - May 7-13

Kids Win Week - May 7-13

Occupational Safety & Health Week - May 7-13

Pet Week - May 7-13

Public Service Recognition Week - May 7-13

Salvation Army Week - May 7-13

Tick Awareness Week - May 7-13

Time of Remembrance and Reconciliation for those who

Lost their Lives during the Second World War - May 8-9

Sign Language Week - May 8-12

Teacher Appreciation Week - May 8-12

Tourism Week - May 7-13 (Search staycation)

Update Your References Week - May 7-13

Economic Development Week - May 8-12

Etiquette Week - May 8-12

International Coaching Week - May 8-14

Stuttering Awareness Week - May 8-14

Universal Family Week - May 10-16

UN Global Road Safety Week - May 12-16

Public Gardens Week - May 12-21

Nursing Home Week - May 14-20

Reading is Fun Week - May 14-20

Reading is Fundamental Week - May 14-20

Return to Work Week - May 14-20

Salute to Moms 35+ Week - May 14-20

Transportation Week - May 14-20

Women's Health Week - May 14-20

Work at Home Moms Week - May 14-20

World Trade Week - May 14-20

American Craft Beer Week - May 15-21

Bike to Work Week - May 15-21

Craft Brewers Week - May 15-21



WEEK CELEBRATIONS

International Heritage Breeds Week - May 15-21

Police Week - May 15-21

Vegetarian Awareness Week - May 15-21

Foul Ball Week - May 16-21

Medical Transcriptionist Week - May 17-23

Backyard Games Week - May 21-27

Emergency Medical Services Week (EMS) - May 21-27

Healthy and Safe Swimming Week - May 21-27

International New Friends, Old Friends Week - May 21-27

Public Works Week - May 21-27

Safe Boating Week - May 21-27

Unicycle Week - May 21-27

World Schizophrenia Awareness Week - May 21-27

Seat Belt Reinforcement Week - May 22 - Jun 4

Old-Time Player Piano Weekend - May 26-28

Polka Weekend - May 26-28

African Violet Week - May 26 - Jun 4

Black Single Parents Week - May 28 - June 3

Marina Days - May 29 - Sept 4



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IDEAS TO USE



DAILY CELEBRATIONS

1-May

Amtrak Day
Beltane (CA)
Black Barber Shop Appreciation
Day

Blessing Day Chocolate Parfait Day

Couple Appreciation Day

CSS Reboot Day

Early May Bank Holiday (CA)

Executive Coaching Day

Frequent Flyer Day

Global Love Day

Intl Doodle Dog Day

Intl Sunflower Guerilla

Gardening Day

International Workers' Day

Keep Kids Alive! Drive 25 Day

Labour & Agriculture Day (CA)

Law Day

Lawyer Well Being Day

Learn to Ride a Bike Day

Lei Day

Loyalty Day

May Day

Melanoma Monday

Mother Goose Day

New Home Owners Day

Phone in Sick Day

Purebred Dog Day

Save the Rhino Day

School Bus Drivers Day

School Principal's Day

Silver Star Service Banner Day

1-May (cont)

Skyscraper Day Stepmother's Day Therapeutic Massage Awareness Day Worthy Wage Day

2-May

Baby Day

Baby To Lunch Day Brothers and Sisters Day Childhood Depression

Awareness Day

Fire Day

Foster Care Day

Intl Harry Potter Day

Intl Scurvy Awareness Day

Life Insurance Day

Play Your Ukulele Day

Poem On Your Pillow Day

Teacher Appreciation Day

Truffle Day

World Asthma Day

World Tuna Day

LLL



DAILY CELEBRATIONS

3-May

Bike To School Day Chocolate Custard Day Constitution Memorial Day (CA) Garden Meditation Day Great American Grump Out Interpreter Appreciation day Intl Wild Koala Day James Brown Birthday Lumpy Rug Day Montana Day Paranormal Day Raspberry Pop Over Day SAN Architect Day Self-employed Day Skilled Trades Day Specially-Able Pets Day Sun Awareness Day Textiles Day Two Different Colored Shoes Day Wordsmith Day World Press Freedom Day Write a Review Day





4-May

45th Day

Audrey Hepburn Birthday

Bird Day

Candied Orange Peel Day

Day of Prayer

Day of Reason

Intergalactic Star Wars Day -

search: <u>May the 4th</u>

International Firefighters' Day

International Respect for

Chickens Day

K.I.N.D. Day (kids in need of

diapers)

Kids Fitness Day

Orange Juice Day

Petite And Proud Day

Project Aces Day - (All Children

Exercise Simultaneously)

Renewal Day

Weather Observers Day

World Give Day

World Password Day



DAILY CELEBRATIONS

5-May

African World Heritage Day Astronaut Day Cartoonists Day

Cinco de Mayo - search: FIESTA

Cinco de Meow Day

Concert Day

Day of Vesek

Europe Day

Hoagie Day

Hug A Shed And Take A Selfie

Day

Intl Day of the Midwife

Intl Roller Derby Day

Intl Space Day

Intl Tuba Day

Museum Lover's Day

Nail Day

Revenge of the Fifth (Star Wars

Sith)

School Lunch Hero Day

Silence the Shame Day

Square Root Day

Totally Chipotle Day

World Hand Hygiene Day

World Portuguese Language

Day



6-May

Beverage Day
Bombshell's Day
Crepe Suzette Day
Fitness Day
Free Comic Book Day
Herb Day
Intl Drone Day
Intl No Diet Day
Intl Sauvignon Blanc Day
Join Hands Day
Kentucky Derby
No Homework Day

Nurses Day

Play Outside Day

RN Recognition Day Scrapbook Day

Start Seeing Monarchs Day

Tourist Appreciation Day
World Beer Pong Day
Wildfire Community
Preparedness Day
World Naked Gardening Day







DAILY CELEBRATIONS

7-May

Barrier Awareness Day Beaufort Scale (wind) Day Bereaved Mothers Day Bladder Cancer Awareness Day Childhood Stroke Awareness Day Cosmopolitan Day Cystinosis Awareness Day Homebrew Day Intl Bereaved Mother's Day Intl Dawn Chorus Day Intl Female Ride Day Intl Permaculture Day Love's Baby Soft Day May Day for Mutts Motorcycle Mass and Blessing of the Bikes Day Packaging Design Day Paste-Up Day Pilates Day Roast Leg of Lamb Day Tourism Day

World Laughter Day



8-May

Animal Disaster Preparedness Day Coconut Cream Pie Day Free Trade Day Give Someone A Cupcake Day Golf Day (May 8-10) Have A Coke Day Intl Thalassaemia Day Iris Day Meeting Planners Appreciation Day No Socks Day Reward Yourself Day Student Nurse Day Time of Remembrance & Reconciliation (May 8-9) V-E Day White Lotus Day Women's Check-up Day World Donkey Day World Ovarian Cancer Day World Red Cross Day



DAILY CELEBRATIONS

9-May

Alphabet Magnet Day
Billy Joel Birthday
Butterscotch Brownie Day
Golf Day (May 8-10)
Home Front Heroes Day
Hurrah for Buttons Day
Lost Sock Memorial Day
Moscato Day
Sleepover Day
Tear The Tags Off the Mattress
Day
Time of Remembrance &
Reconcilliation (May 8-9)



10-May

Clean Up Your Room Day

Dia De La Madre
Donate A Day's Wages to
Charity Day
Golf Day (May 8-10)
Intl Day of Argania
Lipid Day
Mother Ocean Day
Mother's Day Mexico
Night Shift Workers Day
Occupational Safety & Health
Professionals Day
One Day Without Shoes Day
Receptionists' Day
Root Canal Appreciation Day
School Nurse Day

10-May (cont)

Small Business Day (CA)
Shrimp Day
Third Shift Workers' Day
Trust Your Intuition Day
Washington Day
World Facilities Management
Day
World Lupus Day
World Orienteering Day



11-May

Brain Injury Awareness Day
Children's Mental Health Day
Eat What You Want Day
Foam Rolling Day
Hostess Cupcake Day
Technology Day
Twilight Zone Day

World Ego Awareness Day





DAILY CELEBRATIONS

12-May

Child Care Provider Day Fibromyalgia Awareness Day **Hospital Day** International Day of Plant Health

International Nurses Day

Day Limerick Day Military Spouse Appreciation Day Nutty Fudge Day Odometer Day Provider Appreciation Day Public Gardens Day Sapphire Segulah Day Shades Day (sunglasses) YA DIG Day (CA)



13-May

Apple Pie Day **Archery Day** Babysitter's Day Birth Mothers Day Brunch for Lunch Day Children of Fallen Patriots Day International ME/CFS Awareness Cornelia De Lange Syndrome Awareness Day Cough Drop Day Crouton Day

Dog Mom's Day

Frog Jumping Day Fruit Cocktail Day IEEE Global Engineering the **Future Day** Intl Hummus Day Leprechaun Day Miniature Golf Day Stamp Out Hunger Food Drive Stay Up All Night Day Top Gun Day Train Day Tulip Day Windmill Day World Belly Dance Day World Buckfast Day World Cocktail Day

World Fair Trade Day World Migratory Bird Day



DAILY CELEBRATIONS

14-May

Apraxia Awareness Day Be Nice to Nettles Day Buttermilk Biscuit Day Children's Day (UK) Dance Like a Chicken Day Decency Day Do Dah Day Intl Chihuahua Appreciation Day Intl Dylan Thomas Day Mothers At The Wall Day

Mother's Day

The Stars & Stripes Forever Day Underground America Day World Topiary Day



15-May

Bring Flowers to Someone Da

Chocolate Chip Day Global TSC Awareness Day (Tuberous Sclerosis) International Conscientious Objector Day Intl Day of Families Intl Kangaroo Care Awareness Day Intl MPS Awareness Day Intl Vascular Birthmarks Awareness Day Nakba Day

15-May (cont)

Nakba Day Nylon Stocking Day Peace Officers Memorial Day Safety Dose Day Senior Fraud Awareness Day Straw Hat Day



16-May

Barbecue Day

Biographers Day Check Your Wipers Day Coquilles Saint Jacques Day Do Something Good for Your Neighbor Day Drawing Day Honor Our LGBT Elders Day Horse Rescue Day International Day of Light International Day of Living Together in Peace International Pickle Day Love a Tree Day Mimosa Day Nickel Day Piercing Day Ride A Unicycle Day Sea Monkey Day Stop Nausea Day Wear Purple For Peace Day



DAILY CELEBRATIONS

17-May

Bike to School Day (CA) Cherry Cobbler Day **Employee Health and Fitness** Day Emergency Medical Services for Children Day **Graduation Tassel Day** Idaho Day Intl Child Helpline Day Intl Day Against Homophobia, Transphobia and Biphobia Juice Slush Day Mushroom Hunting Day Numeracy Day (UK) Pack Rat Day Pinkfix Day Pinot Grigio Day Turn Beauty Inside Out Day Walnut Day World Hypertension Day World Information Society Day World Neurofibromatosis Day (NF Day)





18-May

Aperitif Day Ascension Day Ceasar Day

Cheese Souffle Day

Global Accessibility Awareness Day (GAAD Day) HIV Vaccine Awareness Day I Love Reese's Day

International Museum Day

Mother Whistler Day
Mt St Helens Eruption
Anniversary Day (1980)
No Dirty Dishes Day
Notebook Day
Send an Electronic Greeting
Card Day
Visit Your Relatives Day
World Aids Vaccine Day



DAILY CELEBRATIONS

19-May

Barber Mental Health Awareness Day (CA)

Bike to Work Day

Celebrate Your Elected
Officials Day
Devil's Food Cake Day
Endangered Species Day
Hepatitis Testing Day
International Defense
Transportation Day
Intl Virtual Assistants Day
Malcolm X Day
May Ray Day
NASCAR Day
O. Henry Pun-off Day (varies)
Pizza Party Day

Plant Something Day

Scooter Day Walk Safely to School Day World Family Doctor Day World IBD Day



20-May

Armed Forces Day

Band Director's Day
Be A Millionaire Day
Culture Freedom Day (CA)
Eliza Doolittle Day

Flower Day

Hats for Headway Day (CA) High Heels Day Intl Clinic Trials Day Intl Heritage Breeds Day Intl Learn to Swim Day Intl Red Sneakers Day Pick Strawberries Day Plant A Lemon Tree Day Quiche Lorraine Day Rescue Dog Day River Cleanup Day Streaming Day Sugarbee Apple Day Weights and Measures Day Women in Aerospace Day World Autoimmune/Autoinflammatory Arthritis Day (World AiArthritis Day) World Bee Day World Fiddle Day World Metrology Day World Whisky Day



DAILY CELEBRATIONS

21-May American Red Cross Founder's Eat More Fruits & Vegetables Day End of the World Day I Need A Patch for That Day Intl AIDS Candlelight Memorial Intl Tea Day Memo Day Rapture Party Day Rural Life Sunday Stepmother's Day Strawberries & Cream Day Take Your Parents To The Playground Day Talk Like Yoda (you will) Day

SPOON World Day for Cultural Diversity World Day for Cultural Diversity for Dialogue & Development World Fish Migration Day World Mediation Day

World Baking Day (search

Waitstaff Day

22-May

Bitcoin Pizza Day Boss Babes Day Buy A Musical Instrument Day

22-May (cont)

Canadian Immigrants Day (CA)

Craft Distillery Day

Harvey Milk Day Intl Being You Day (search Yourself)

Intl Day for Biological Diversity Maritime Day Sherlock Holmes Day Solitaire Day Vanilla Pudding Day Victoria Day World Goth Day World Paloma Day



23-May

Best Friend-in-Law Day Declaration of the Bab Day Drinking with Chickens Day International Day to End Obstetric Fistula

Lucky Penny Day

Medical Coder Day Taffy Day World Crohn's and Colitis Day World Turtle Day



DAILY CELEBRATIONS

24-May

Asparagus Day
Aviation Maintenance
Technician Day
Bermuda Day
Bob Dylan Birthday
Brother's Day
Caterers Appreciation Day
(CA)
EMSC (Emergency Medical
Services) Day
Escargot Day

Intl Tiara Day

Intl Women's Day for Peace and Disarmament Scavenger Hunt Day World Schizophrenia Day Wyoming Day World Product Day Yucatan Shrimp Day



25-May

African Liberation Day
Bath Bomb Day
Brown Bag It Day
Chardonnay Day
Geek Pride Day (or Nerd Pride
Day)
Global Africa Day
Intl Missing Children's Day
Intl Plastic Free Day

25-May (cont)

Intl Skin Pigmentation Day
May Revolution Day (CA)
Sing Out Day (CA)
Tap Dance Day
Towel Day
VTuber Day
Wine Day
World Thyroid Day



26-May

Blueberry Cheesecade Day Buddha Day Carb Day Cherry Dessert Day

Cooler Day

Don't Fry Day Europeans Neighbours' Day Heat Safety Awareness Day Lenny Kravitz Birthday Paper Airplane Day

Road Trip Day Sally Ride Day

Sorry Day (CA) Title Track Day World Dracula Day World Lindy Hop Day World Red Head Day



DAILY CELEBRATIONS

27-May

Amateur Radio Military
Appreciation Day (ARMAD)
Cellophane Tape Day
Grape Popsicle Day
Gray Day
Italian Beef Day
Nothing To Fear Day
Old Time Player Piano Day
Sunscreen Day
Track Dack Day (CA)
Wig Out Day



28-May

Amnesty International Founders Day Beef Burger Day Brisket Day

Hamburger Day

Indianapolis 500
Intl Day of Action on Women's
Health
Julia Pierpont Day
Menstrual Hygiene Day
Whit Day
Whooping Crane Day
World Hunger Day
World Passion Fruit Martini Day



Learn About Composting Day Memorial Day

Oak Apple Day
Paperclip Day
Pray for Peace Memorial Day
Put a Pillow on Your Fridge
Snail Day
Spring Bank Holiday (CA)
Whit Monday
World Digestive Health Day





DAILY CELEBRATIONS

30-May

Creativity Day
Fakesgiving (CA)
Hole In My Bucket Day
Intl Hug Your Cat Day
Loomis Day
Mint Julep Day
Water a Flower Day
World MS (Multiple Sclerosis)
Day

31-May

Autonomous Vehicle Day
Fisherfolks Day (CA)
Flip Flop Day
Intl Flight Attendant Day
Macaroon Day
Necrotizing Fasciitis Awareness
Day
Senior Health & Fitness Day
Save Your Hearing Day

Smile Day

Speak in Sentences Day
Utah Day
Web Designer Day
What You Think Upon Grows
Day
World No Tobacco Day
World Otter Day
World Parrot Day



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