

Opportunities for health & wellbeing engagement

Key dates for public health campaigns with a focus on promoting awareness of **major health concerns and top reasons for claim.**

Content to support each subject area is available for download.

KEY:



General health



Cancer



Cardiovascular health



Musculoskeletal health



Mental health

FEBRUARY

WORLD CANCER DAY

4th February each year

SWEETHEART DAY

14th February each year

RED FEB

Full month

MARCH

INT. WOMENS DAY

8th March each year

INT. DAY OF HAPPINESS

20th March each year

APRIL

WORLD HEALTH DAY

7th April each year

WORLD HEALTH & SAFETY AT WORK DAY

28th April each year

AUGUST

STROKE WEEK

Second week of August each year

JUNE

HEART RHYTHM WEEK

Second week of June

MEN'S HEALTH WEEK

Mid-June each year

BOWEL CANCER MONTH

Full month

MAY

HEART WEEK

1st week of May each year

EXERCISE RIGHT WEEK

Last week of May

SEPTEMBER

R U OK? DAY

Mid-September

WORLD HEART DAY

29th September each year

WOMEN'S HEATH WEEK

1st week of Sept each year

OCTOBER

MENTAL HEALTH MONTH

Full month

WORLD MENTAL HEALTH DAY

10th October each year

WORLD ARTHRITIS DAY

12th October each year

WORLD OSTEOPOROSIS DAY

20th October each year

NATIONAL SAFE WORK MONTH

Full month

NOVEMBER

WORLD DIABETES DAY

14th November each year

CERVICAL CANCER

17th November each year

MOVEMBER

Full month

TAL