



Wellbeing for Life Calendar 2021



January

Dry January (1-31)



Cervical Cancer Prevention Week (18-24)



February

National Heart Month (1-28)



Time to Talk Day (4)



March

Ovarian Cancer Awareness Month (1-31)



Prostate cancer awareness Month (1-31)



University Mental Health Day (1)



No smoking day (10)



World Sleep Day (19)



April

Stress Awareness Month (1-30)



Testicular cancer awareness month (1-30)



World Health Day (7)



On your feet Britain (29)



October

Stoptober (1-31)



Breast Cancer Awareness Month (1-31)



(4-10) Back care awareness week



World Mental Health Day (10)



National work life balance week (11-17)



World Menopause Day (18)



May

National Walking Month (1-31)



Sun Awareness Week (3-9)



Deaf Awareness Week (3-9)



Mental Health Awareness Week (10-16)



November

November – men's health (1-30)



International Stress Awareness Week (1-5)



Talk money week (8-12)



Alcohol Awareness Week 15 - 21



16 days of action against domestic violence (25 Nov - 10 Dec)



June

Carers Week (7-13)



Nutrition and Hydration week (14-20)



Men's Health Week (14-20)



Diabetes awareness week (14-20)



National Clean Air Day (16)



August

World Breastfeeding Week (1-7)



Cycle to Work Day (5)



September

Know your numbers week (6-12)



World Suicide Prevention Day (10)



National Fitness Day (22)

