



Wellbeing for Life Calendar 2022



January

Dry January (1-31)



Cervical Cancer Prevention Week (17-23)



February

National Heart Month (1-28)



Time to Talk Day (3)



March

Ovarian Cancer Awareness (1-31)



Prostate Cancer Awareness (1-31)



University Mental Health Day (3)



No Smoking Day (10)



Nutrition and Hydration Week 14-20



World Sleep Day (18)



April

Stress Awareness Month (1-30)



Testicular Cancer Awareness Month (1-30)



World Health Day (7)



On your feet Britain (28)



October

Stoptober (1-31)



Breast Cancer Awareness Month (1-31)



Back Care Awareness week (3-7)



World Mental Health Day (10)



National Work Life Balance Week (10-14)



World Menopause Day (18)



May

National Walking Month (1-31)



Sun Awareness Week (3-9)



Deaf Awareness Week (3-8)



Mental Health Awareness Week (3-9)



November

November – Men's Health (1-30)



International Stress Awareness Week (1-5)



Talk Money Week (9-12)



Alcohol Awareness Week 11-16)



16 Days of Action Against Domestic Violence (25 Nov - 10 Dec)



August

World Breastfeeding Week (1-7)



Cycle to Work Day (4)



September

Know Your Numbers Week (6-12)



World Suicide Prevention Day (10)



National Fitness Day (27)

