

## January

Dry January (1-31)

Cervical Cancer Prevention Week (23-29)

## February

National Heart Month (1-28)

Time to Talk Day (2)

## March

Ovarian Cancer Awareness (1-31)

Prostate Cancer Awareness (1-31)

University Mental Health Day (9)

No Smoking Day (8)

Nutrition and Hydration Week 13-19

World Sleep Day (17)

## April

Stress Awareness Month (1-30)

Testicular Cancer Awareness Month (1-30)

World Health Day (7)

On your feet Britain (27)

## 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 (1-7)

Deaf Awareness Week (2-8)

Mental Health Awareness Week (15-21)



## June

Carers Week (5-11)

Men's Health Week (12-18)

Healthy Eating Week (13-17)

Diabetes Awareness Week (13-19)

National Clean Air Day (15)

## August

World Breastfeeding Week (1-7)

Cycle to Work Day (4)



## September

Know Your Numbers Week (4-10)

National Fitness Day (21)

World Suicide Prevention Day (10)



## November

November – Men's Health (1-30)

International Stress Awareness Week (1-5)

Talk Money Week (7-11)

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

## July

Alcohol Awareness Week (3-9)

