



Wellbeing at Work

Health and wellbeing calendar

January

1 - 31: Dry January
18 - 24: Cervical Cancer Prevention Week

March

1 - 31: Ovarian Cancer Awareness Month
1 - 7: Eating Disorders Awareness Week
10: No Smoking Day
11: World Kidney Day
11 - 18: Nutrition and Hydration Week
19: World Sleep Day
20: World Oral Health Day

May

1 - 31: National Walking Month
3 - 9: Deaf Awareness Week
5: Global Hand Hygiene Day
6 - 13: Sun Awareness Week
10 - 16: Mental Health Awareness Week

February

4: World Cancer Day
4: Time to Talk Day

April

1 - 30: Stress Awareness Month
7: World Health Day
29: On Your Feet Britain

June

14 - 18: BNF Healthy Eating Week
14 - 20: Men's Health Week
TBC: Carers Week
TBC: National Blood Donor Week
TBC: Cervical Screening Awareness Week



Contact us

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youtube. [wellbeing at work](https://www.youtube.com/wellbeingatwork)



Health and wellbeing calendar

July

Try some of your own campaigns!

September

7 - 13: Organ Donation Week
7 - 13: Know Your Numbers Week
10: World Suicide Prevention Day
13: World Sepsis Day
17: World Patient Safety Day
21 - 27: National Eye Health Week
23: National Fitness Day
25: World's Biggest Coffee Morning

November

1 - 30: Movember Men's Health Awareness Month
1 - 5: International Stress Awareness Week
16 - 20: Anti-Bullying Week
TBC: Alcohol Awareness Week
25 - 10 Dec: 16 Days of Action Against Domestic Violence

August

5: Cycle to Work

October

1 - 28: Stoptober
1 - 31: National Cholesterol Month
1 - 31: Breast Cancer Awareness Month
4 - 8: Back Care Awareness Week
8: National Clean Air Day
10: World Mental Health Day
11 - 15: National Work Life Week
14 - 20: International Infection Prevention Control Week
18: World Menopause Day

December

1: World Aids Day



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