

Major Health Awareness Days in 2019

February	
All February	Ovarian Cancer Awareness Month
All February	FebFast
All February	REDFEB Heart Research Month
4 February	World Cancer Day
11-17 February	Smart Eating Week / Healthy Weight Week
14 February	Wear Red Day
18 February	International Asperger's Day
26 February	Clean Up Australia Day for Businesses
27 February	Teal Ribbon Day (ovarian cancer)
28 February	Rare Disease Day
March	
All March	Melanoma March
1 March	World Compliment Day
3 March	Clean Up Australia Day
3 March	World Hearing Day
3-9 March	Hearing Awareness Week
4-10 March	World Salt Awareness Week
8 March	International Women's Day
10-16 March	World Glaucoma Week
11-17 March	Brain Awareness Week
13-17 March	World's Greatest Shave (leukemia)
13-20 March	Coeliac Awareness Week
14 March	World Kidney Day
15 March	World Sleep Day
15 March	National Day of Action against Bullying and Violence
20 March	International Day of Happiness
20 March	World Oral Health Day
21 March	World Down Syndrome Day
26 March	Purple Day for Epilepsy

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April	
All April	Go Blue for Autism
1 April	Be Alarmed - change your smoke alarm battery
1 April	National Smile Day
2 April	World Autism Day
7 April	World Health Day
8-14 April	Kidney Health Week
11 April	World Parkinson's Day
15-21 April	World Creativity and Innovation Week
17 April	World Haemophilia Day
22 April	World Mother Earth Day
22-26 April	Patient Experience Week
23-29 April	World Immunisation Week
25 April	National DNA Day
28 April	World Day for Safety and Health at Work
28 April	Pay It Forward Day
May	
All May	Mindful in May
All May	65 Roses (cystic fibrosis)
All May	Crohn's and Colitis Awareness Month
All May	Macula Month
All May	Thyroid Awareness Month
All May	Eczema Awareness Month
28 April-5 May	National Heart Week
1 May	Kiss Goodbye to MS
5 May	World Hand Hygiene Day
6 May	International No Diet Day
7 May	World Asthma Day
8 May	World Ovarian Cancer Day
8 May	World Red Cross Day
8-14 May	UN Global Road Safety Week
10 May	World Lupus Day
12 May	International Awareness Day Chronic Immunological and Neurological Diseases (CIND)
13-20 May	Coeliac Awareness Week

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May (continued)	
15 May	International Day of Families
17 May	World Hypertension Day
19 May	World IBD Day (Crohns and colitis)
19-26 May	Schizophrenia Awareness Week
20-26 May	National Volunteer Week
23 May	Australia's Biggest Morning Tea (cancer)
24 May	World Schizophrenia Awareness Day
25 May	World Thyroid Day
26 May-1 June	Food Allergy Awareness Week
29 May	Wear White at Work Day (suicide & mental illness)
30 May	World MS Day
31 May	World No Tobacco Day
June	
All June	Bowel Cancer Awareness Month
All June	National Burns Awareness Month
9-15 June	National Blood Donor Week
10-16 June	Men's Health Week
20 June	Red Apple Day
21 June	International Day of Yoga
29 June	Red Nose Day
July	
All July	Dry July
All July	JulEYE
14-20 July	National Diabetes Week
22-28 July	National Pain Week
24 July	Stress Down Day
26 July	White Ribbon Night
28 July-4 August	Donate Life Week

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August	
All August	Tradies National Health Month
2 August	Jeans for Genes Day
5-11 August	Dental Health Week
5-11 August	Sleep Awareness Week
13 August	Left Handers Day
23 August	Daffodil Day (Cancer Council)
September	
All September	International Prostate Cancer Awareness Month
1 September	Gold Bow Day
2-6 September	Women's Health Week
2-8 September	National Stroke Week
9-15 September	Headache and Migraine Week
10 September	World Suicide Prevention Day
12 September	R U OK? Day
14 September	World First Aid Day
22 September	World Car-free Day
29 September	World Heart Day

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October	
All October	National Safe Work Australia Month
All October	Mental Health Month
All October	Ocober (give up alcohol)
All October	Foot Health Month
All October	Breast Cancer Awareness Month (Pink Ribbon)
All October	Walktober
All October	Shoctor (defibrillator awareness)
All October	Polio Awareness Month
4 October	World Smile Day
4 October	Walk to Work Day
6-12 October	Mental Health Week
10 October	World Mental Health Day
10 October	World Sight Day
15 October	Global Handwashing Day
13-19 October	National Nutrition Week
13-19 October	Carers Week
16 October	Ride to Work Day
20 October	World Osteoporosis Day
20 October	Pink Ribbon Day (*date to be confirmed)
20-27 October	Sock it to Suicide Week
24 October	World Polio Day
November	
All November	Movember: Changing the Face of Men's Health
9-16 November	Australian Food Safety Week
13 November	World Kindness Day
14 November	World Diabetes Day
17-23 November	National Skin Cancer Action Week
22 November	White Ribbon Day
December	
All December	Decembeard (bowel cancer)
1 December	World AIDS Day
3 December	International Day of Persons with Disabilities
5 December	International Volunteer Day