

# Major Health Awareness Days in 2020

<b>February</b>	
All February	<a href="#">Ovarian Cancer Awareness Month</a>
All February	<a href="#">FebFast</a>
All February	<a href="#">REDFEB Heart Research Month</a>
4 February	<a href="#">World Cancer Day</a>
10-16 February	<a href="#">Smart Eating Week</a>
14 February	<a href="#">Wear Red Day</a>
18 February	<a href="#">International Asperger's Day</a>
25 February	<a href="#">Clean Up Australia Day for Businesses</a>
26 February	<a href="#">Teal Ribbon Day (ovarian cancer)</a>
29 February	<a href="#">Rare Disease Day</a>
<b>March</b>	
All March	<a href="#">Melanoma March</a>
1 March	<a href="#">World Compliment Day</a>
1 March	<a href="#">Clean Up Australia Day</a>
1-7 March	<a href="#">Hearing Awareness Week</a>
3 March	<a href="#">World Hearing Day</a>
8 March	<a href="#">International Women's Day</a>
8-14 March	<a href="#">World Glaucoma Week</a>
9-15 March	<a href="#">World Salt Awareness Week</a>
11-15 March	<a href="#">World's Greatest Shave (leukemia)</a>
12 March	<a href="#">World Kidney Day</a>
13 March	<a href="#">World Sleep Day</a>
13-20 March	<a href="#">Coeliac Awareness Week</a>
16-22 March	<a href="#">Brain Awareness Week</a>
20 March	<a href="#">National Day of Action against Bullying and Violence</a>
20 March	<a href="#">International Day of Happiness</a>
20 March	<a href="#">World Oral Health Day</a>
21 March	<a href="#">World Down Syndrome Day</a>
23-29 March	<a href="#">Kidney Health Week</a>
26 March	<a href="#">Purple Day for Epilepsy</a>

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April	
All April	<a href="#">Go Blue for Autism</a>
1 April	<a href="#">Be Alarmed - change your smoke alarm battery</a>
2 April	<a href="#">World Autism Day</a>
7 April	<a href="#">World Health Day</a>
11 April	<a href="#">World Parkinson's Day</a>
15-21 April	<a href="#">World Creativity and Innovation Week</a>
17 April	<a href="#">World Haemophilia Day</a>
22 April	<a href="#">World Mother Earth Day</a>
24-30 April	<a href="#">World Immunisation Week</a>
28 April	<a href="#">World Day for Safety and Health at Work</a>
27 April-1 May	<a href="#">Patient Experience Week</a>
28 April	<a href="#">Pay It Forward Day</a>
May	
All May	<a href="#">Mindful in May</a>
All May	<a href="#">65 Roses (cystic fibrosis)</a>
All May	<a href="#">Crohn's and Colitis Awareness Month</a>
All May	<a href="#">Macula Month</a>
All May	<a href="#">Thyroid Awareness Month</a>
All May	<a href="#">Eczema Awareness Month</a>
3-9 May	<a href="#">National Heart Week (cancelled for 2020)</a>
5 May	<a href="#">World Hand Hygiene Day</a>
5 May	<a href="#">World Asthma Day</a>
6 May	<a href="#">International No Diet Day</a>
8 May	<a href="#">World Ovarian Cancer Day</a>
8 May	<a href="#">World Red Cross Day</a>
10 May	<a href="#">World Lupus Day</a>
12 May	<a href="#">International Awareness Day Chronic Immunological and Neurological Diseases (CIND)</a>
15 May	<a href="#">International Day of Families</a>
17 May	<a href="#">World Hypertension Day</a>
17-24 May	<a href="#">Schizophrenia Awareness Week</a>
18-24 May	<a href="#">National Volunteer Week</a>
19 May	<a href="#">World IBD Day (Crohns and colitis)</a>

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May (continued)	
24 May	<a href="#">World Schizophrenia Awareness Day</a>
24-30 May	<a href="#">Food Allergy Awareness Week</a>
25 May	<a href="#">World Thyroid Day</a>
28 May	<a href="#">Australia's Biggest Morning Tea</a>
29 May	<a href="#">Wear White at Work Day (suicide &amp; mental illness)</a>
30 May	<a href="#">World MS Day</a>
31 May	<a href="#">World No Tobacco Day</a>
June	
All June	<a href="#">Bowel Cancer Awareness Month</a>
All June	<a href="#">National Burns Awareness Month</a>
14 June	<a href="#">World Blood Donor Day</a>
14-20 June	<a href="#">National Blood Donor Week</a>
15-21 June	<a href="#">Men's Health Week</a>
17 June	<a href="#">Red Apple Day</a>
21 June	<a href="#">International Day of Yoga</a>
July	
All July	<a href="#">Dry July</a>
All July	<a href="#">JulEYE</a>
12-18 July	<a href="#">National Diabetes Week</a>
24 July	<a href="#">Stress Down Day</a>
26 July-2 August	<a href="#">Donate Life Week</a>
27 July-2 August	<a href="#">National Pain Week</a>
August	
All August	<a href="#">Tradies National Health Month</a>
3-9 August	<a href="#">Dental Health Week</a>
3-9 August	<a href="#">Sleep Awareness Week</a>
7 August	<a href="#">Jeans for Genes Day</a>
13 August	<a href="#">Left Handers Day</a>
14 August	<a href="#">Red Nose Day</a>
28 August	<a href="#">Daffodil Day</a> (Cancer Council)
31 August-7 September	<a href="#">National Stroke Week</a>

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September	
All September	<a href="#">International Prostate Cancer Awareness Month</a>
1 September	<a href="#">Gold Bow Day</a>
7-11 September	<a href="#">Women's Health Week</a>
10 September	<a href="#">World Suicide Prevention Day</a>
10 September	<a href="#">R U OK? Day</a>
12 September	<a href="#">World First Aid Day</a>
14-18 September	<a href="#">Headache and Migraine Week</a>
22 September	<a href="#">World Car-free Day</a>
29 September	<a href="#">World Heart Day</a>
October	
All October	<a href="#">National Safe Work Australia Month</a>
All October	<a href="#">Mental Health Month</a>
All October	<a href="#">Ocsober (give up alcohol)</a>
All October	<a href="#">Breast Cancer Awareness Month</a> (Pink Ribbon)
All October	<a href="#">Walktober</a>
All October	<a href="#">Shoctober (defibrillator awareness)</a>
All October	<a href="#">Polio Awareness Month</a>
1-7 October	<a href="#">Borderline Personality Disorder Awareness Week</a>
2 October	<a href="#">World Smile Day</a>
2 October	<a href="#">Walk to Work Day</a>
10 October	<a href="#">World Mental Health Day</a>
10-18 October	<a href="#">Mental Health Week</a>
11-17 October	<a href="#">Carers Week</a>
11-17 October	<a href="#">National Nutrition Week</a>
12-18 October	<a href="#">Foot Health Week</a>
14 October	<a href="#">World Sight Day</a>
15 October	<a href="#">Global Handwashing Day</a>
18-24 October	<a href="#">Sock it to Suicide Week</a>
20 October	<a href="#">World Osteoporosis Day</a>
21 October	<a href="#">Ride to Work Day</a>
24 October	<a href="#">World Polio Day</a>
26 October	<a href="#">Pink Ribbon Day</a>

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November	
All November	<a href="#">Movember: Changing the Face of Men's Health</a>
14-21 November	<a href="#">Australian Food Safety Week</a>
13 November	<a href="#">World Kindness Day</a>
14 November	<a href="#">World Diabetes Day</a>
15-21 November	<a href="#">National Skin Cancer Action Week</a>
20 November	<a href="#">White Ribbon Day</a>
December	
All December	<a href="#">Decembeard (bowel cancer)</a>
1 December	<a href="#">World AIDS Day</a>
3 December	<a href="#">International Day of Persons with Disabilities</a>
5 December	<a href="#">International Volunteer Day</a>

## ABOUT HEALTHWORKS

We're a boutique corporate health provider. This means we have the agility and adaptability to focus on your needs for your organisation and your employees.

We don't do one-size-fits all formulas. Rather, we have a best practice selection of proven services and products which we can customise to fit your budget.

We pride ourselves on having the best customer service in the industry. We provide personalised support and advice to all our clients, whether you're doing a full Wellness Program or just adding some of our services or publications to your existing program.

At the same time, we are large enough to service major corporations in multiple locations. Our clients are spread across Australia – and the world – our services and products are used by employees all over the globe.

## OUR PASSION

We are an energetic, passionate team of people, who believe wholeheartedly in the benefits of health and wellness at work.

As an organisation we are driven to improve the health of Australians through excellence in workplace health solutions. This vision is as strong as ever, and is shared by the whole Healthworks team. We've all seen, and are inspired by, the powerful effects that even the most basic health improvements can have on someone's life.