

# Calendar

## MAJOR HEALTH AWARENESS DAYS IN 2023

February	
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>
5 February	<a href="#">Physical Disability Awareness Day</a>
14 February	<a href="#">Wear Red Day</a>
18 February	<a href="#">International Asperger's Day</a>
20-26 February	<a href="#">Heart Valve Awareness Week</a>
22 February	<a href="#">Teal Ribbon Day (ovarian cancer)</a>
26 February – 4 March	<a href="#">Hearing Awareness Week</a>
28 February	<a href="#">Rare Disease Day</a>
28 February	<a href="#">Clean Up Australia Day for Businesses</a>
March	
All March	<a href="#">Melanoma March</a>
1 March	<a href="#">World Compliment Day</a>
3 March	<a href="#">World Hearing Day</a>
5 March	<a href="#">Clean Up Australia Day</a>
8 March	<a href="#">International Women's Day</a>
9 March	<a href="#">World Kidney Day</a>
12-18 March	<a href="#">World Glaucoma Week</a>
13-19 March	<a href="#">Brain Awareness Week</a>
13-20 March	<a href="#">Coeliac Awareness Week</a>
15-19 March	<a href="#">World's Greatest Shave (leukemia)</a>
17 March	<a href="#">World Sleep Day</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>
25 March	<a href="#">National FND (Functional Neurological Disorder) Awareness Day</a>
26 March	<a href="#">Purple Day for Epilepsy</a>

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April	
All April	<a href="#">Autism Acceptance Month</a>
1 April	<a href="#">Be Alarmed - change your smoke alarm battery</a>
2 April	<a href="#">World Autism Awareness 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="#">International Mother Earth Day</a>
23-29 April	<a href="#">Patient Experience Week</a>
24-30 April	<a href="#">World Immunisation Week</a>
28 April	<a href="#">World Day for Safety and Health at Work</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>
All May	<a href="#">Lung Health Awareness Month</a>
x-x May	<a href="#">Kidney Health Week</a> (Kidney Health Australia advises this will be in May. Dates TBC)
1-7 May	<a href="#">National Heart Week</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>
8 May	<a href="#">National Amyloidosis 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>
15-21 May	<a href="#">World Salt Awareness Week</a>
15-21 May	<a href="#">National Volunteer Week</a>
17 May	<a href="#">World Hypertension Day</a>

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May (continued)	
19 May	<a href="#">World IBD Day (Crohns and colitis)</a>
21-27 May	<a href="#">Schizophrenia Awareness Week</a>
24 May	<a href="#">World Schizophrenia Awareness Day</a>
25 May	<a href="#">Australia's Biggest Morning Tea</a>
25 May	<a href="#">World Thyroid Day</a>
28 May-3 June	<a href="#">Food Allergy Awareness Week</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>
12-18 June	<a href="#">National Blood Donor Week</a>
12-18 June	<a href="#">Men's Health Week</a>
14 June	<a href="#">World Blood Donor Day</a>
21 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>
9-15 July	<a href="#">National Diabetes Week</a>
16-23 July	<a href="#">Birth Trauma Awareness Week</a>
24 July	<a href="#">Stress Down Day</a>
24-30 July	<a href="#">National Pain Week</a>
24-31 July	<a href="#">Donate Life Week</a>
August	
All August	<a href="#">Tradies National Health Month</a>
4 August	<a href="#">Jeans for Genes Day</a>
7-13 August	<a href="#">Dental Health Week</a>
7-13 August	<a href="#">National Stroke Week</a>
11 August	<a href="#">Red Nose Day</a>
13 August	<a href="#">Left Handers Day</a>
18 August	<a href="#">National Day of Action against Bullying and Violence</a>
25 August	<a href="#">Daffodil Day (Cancer Council)</a>

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September	
All September	<a href="#">International Prostate Cancer Awareness Month</a>
1 September	<a href="#">Gold Bow Day</a>
1 September	<a href="#">Walk to Work Day</a>
4-10 September	<a href="#">Women's Health Week</a>
9 September	<a href="#">World First Aid Day</a>
10 September	<a href="#">World Suicide Prevention Day</a>
14 September	<a href="#">R U OK? Day</a>
18-22 September	<a href="#">Headache and Migraine Week</a>
18-24 September	<a href="#">Dementia Action Week</a>
25 September-1 October	<a href="#">Australian Sleep Awareness Week</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="#">Breast Cancer Awareness Month</a> (Pink Ribbon)
All October	<a href="#">Walktober</a>
All October	<a href="#">Shocktober (defibrillator awareness)</a>
All October	<a href="#">Polio Awareness Month</a>
1-7 October	<a href="#">Borderline Personality Disorder Awareness Week</a>
6 October	<a href="#">World Smile Day</a>
8-16 October	<a href="#">Mental Health Week</a>
10 October	<a href="#">World Mental Health Day</a>
9-15 October	<a href="#">Foot Health Week</a>
12 October	<a href="#">World Sight Day</a>
15 October	<a href="#">Global Handwashing Day</a>
15-21 October	<a href="#">Carers Week</a>
15-23 October	<a href="#">Try for 5 - National Nutrition Week</a>
16-22 October	<a href="#">Sock it to Suicide Week</a>
18 October	<a href="#">World Menopause Day</a>
18 October	<a href="#">Ride to Work Day</a>
20 October	<a href="#">World Osteoporosis Day</a>
24 October	<a href="#">World Polio Day</a>

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November	
All November	<a href="#">Movember: Changing the Face of Men's Health</a>
All November	<a href="#">Lung Cancer Awareness Month</a>
All November	<a href="#">Asbestos Awareness Month</a>
11-18 November	<a href="#">Australian Food Safety Week</a>
13 November	<a href="#">World Kindness Day</a>
13-19 November	<a href="#">Sugar Awareness Week</a> (to be confirmed)
14 November	<a href="#">World Diabetes Day</a>
19 November	<a href="#">International Men's Day</a>
20-26 November	<a href="#">National Skin Cancer Action Week</a>
25 November	<a href="#">International Day for the Elimination of Violence Against Women</a>
December	
All December	<a href="#">Decembeard/Decembhair (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.