

# Calendar

## MAJOR HEALTH AWARENESS DAYS IN 2024

February	
All February	<a href="#">Ovarian Cancer Awareness Month</a>
All February	<a href="#">FebFast/FebFit</a>
All February	<a href="#">REDFEB Heart Research Month</a>
4 February	<a href="#">World Cancer Day</a>
4 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>
19-25 February	<a href="#">Heart Valve Disease Awareness Week</a>
27 February	<a href="#">Clean Up Australia Day for Businesses</a>
28 February	<a href="#">Teal Ribbon Day (ovarian cancer)</a>
29 February	<a href="#">Rare Disease Day</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>
3 March	<a href="#">Clean Up Australia Day</a>
8 March	<a href="#">International Women's Day</a>
10-16 March	<a href="#">World Glaucoma Week</a>
11-17 March	<a href="#">Brain Awareness Week</a>
13-20 March	<a href="#">Coeliac Awareness Week</a>
14 March	<a href="#">World Kidney Day</a>
15 March	<a href="#">World Sleep Day</a>
18-24 March	<a href="#">World's Greatest Shave (leukemia)</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>
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>
29 April- 3 May	<a href="#">Patient Experience Week</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>
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>
6-12 May	<a href="#">National Heart Week</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>
13-19 May	<a href="#">World Salt Awareness Week</a>
15 May	<a href="#">International Day of Families</a>
17 May	<a href="#">World Hypertension Day</a>
19 May	<a href="#">World IBD Day (Crohns and colitis)</a>
19-25 May	<a href="#">Schizophrenia Awareness Week</a>

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May (continued)	
19-25 May	<a href="#">Kidney Health Week</a> <b>TBD</b>
20-26 May	<a href="#">National Volunteer Week</a>
23 May	<a href="#">Australia's Biggest Morning Tea</a>
24 May	<a href="#">World Schizophrenia Awareness Day</a>
25 May	<a href="#">World Thyroid Day</a>
26 May-1 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>
9-15 June	<a href="#">National Blood Donor Week</a> <b>TBD</b>
10-16 June	<a href="#">Men's Health Week</a>
14 June	<a href="#">World Blood Donor Day</a>
19 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>
14-20 July	<a href="#">National Diabetes Week</a>
21-27 July	<a href="#">Birth Trauma Awareness Week</a> <b>TBD</b>
22-28 July	<a href="#">National Pain Week</a>
24 July	<a href="#">Stress Down Day</a>
28 July-4 August	<a href="#">Donate Life Week</a>
August	
All August	<a href="#">Tradies National Health Month</a>
2 August	<a href="#">Jeans for Genes Day</a>
5-11 August	<a href="#">Dental Health Week</a>
5-11 August	<a href="#">National Stroke Week</a>
9 August	<a href="#">Red Nose Day</a>
13 August	<a href="#">Left Handers Day</a>
16 August	<a href="#">National Day of Action against Bullying and Violence</a>
29 August	<a href="#">Daffodil Day</a> (Cancer Council)

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September	
All September	<a href="#">International Prostate Cancer Awareness Month</a>
1 September	<a href="#">Gold Bow Day</a>
2-8 September	<a href="#">Women's Health Week</a> <b>TBD</b>
6 September	<a href="#">Walk to Work Day</a>
10 September	<a href="#">World Suicide Prevention Day</a>
12 September	<a href="#">R U OK? Day</a>
14 September	<a href="#">World First Aid Day</a>
16-20 September	<a href="#">Headache and Migraine Week</a> <b>TBD</b>
16-22 September	<a href="#">Dementia Action Week</a>
29 September	<a href="#">World Heart Day</a>
30 September-6 October	<a href="#">Australian Sleep Health Week</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>
4 October	<a href="#">World Smile Day</a>
6-15 October	<a href="#">Mental Health Week</a> (varies by state)
7-13 October	<a href="#">Podiatry Week</a>
10 October	<a href="#">World Mental Health Day</a>
10 October	<a href="#">World Sight Day</a>
13-19 October	<a href="#">Carers Week</a>
13-19 October	<a href="#">Try for 5 - National Nutrition Week</a>
15 October	<a href="#">Global Handwashing Day</a>
16 October	<a href="#">Ride to Work Day</a>
18 October	<a href="#">World Menopause Day</a>
20 October	<a href="#">World Osteoporosis Day</a>
21-27 October	<a href="#">Sock it to Suicide Week</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>
9-16 November	<a href="#">Australian Food Safety Week</a>
11-17 November	<a href="#">Sugar Awareness Week</a> <b>TBD</b>
13 November	<a href="#">World Kindness Day</a>
14 November	<a href="#">World Diabetes Day</a>
15 November	<a href="#">White Ribbon Day</a> <b>TBD</b>
19 November	<a href="#">International Men's Day</a>
24-30 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.