

**Health Awareness Calendar of Campaigns on wellhub**

	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>January</b>	Dry January Love your Liver. Veganuary	Cervical Screening Awareness Week Energy Savers Week Health Information Week	The Samaritans 'Brew Monday' – 20 <sup>th</sup>
<b>January Wellbeing Focus – Physical Activity</b>			
<b>Action for Happiness Calendar – Happier January</b>			
	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>February</b>	National Heart Month LGBT+ History Month	Tinnitus Awareness Week Random Acts of Kindness Week National Eating Disorders Awareness Week Sexual Health Awareness Week	Time to Talk Day 3 <sup>rd</sup> February – Mental Health World Cancer Day – 4 <sup>th</sup> Safer Internet Day – 8 <sup>th</sup> Random Acts of Kindness Day – 17 <sup>th</sup>
<b>February Wellbeing Focus – Healthy eating for Heart Health</b>			
<b>Action for Happiness Calendar – Friendly February</b>			
	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>March</b>	Ovarian Cancer Awareness Month Prostate Cancer Awareness Month No Smoking Month	Nutrition and Hydration Week National Salt Awareness Week NI Consumer Week – Consumer Council	World Book Day – 3 <sup>rd</sup> World Obesity Day – 4 <sup>th</sup> International Women's Day – 8 <sup>th</sup>

		National Sleep Awareness Week	National No Smoking Day – 10 <sup>th</sup> World Kidney Day – 10 <sup>th</sup> World Sleep Day – 18 <sup>th</sup> World Oral Health Day – 20 <sup>th</sup> International Day of Happiness – 20 <sup>th</sup> World Down Syndrome Day – 21 <sup>st</sup>
<b>March Wellbeing Focus – Women’s Health</b>			
<b>Action for Happiness Calendar – Mindful March</b>			
	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>April</b>	National Bowel Cancer Awareness Month Stress Awareness Month Irritable Bowel Syndrome Awareness Month	Allergy Awareness Week World Autism Awareness Week	World Autism Day – 2 <sup>nd</sup> Walk to Work Day – 4 <sup>th</sup> World Health Day – 7 <sup>th</sup> Volunteer Recognition Day – 20 <sup>th</sup>
<b>April Wellbeing Focus – Mental Health</b>			
<b>Action for Happiness Calendar – Active April</b>			
	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>May</b>	National Walking Month Action on Stroke Month	Mental Health Awareness Week National Deaf Awareness Week Coeliac Disease Awareness Week Arthritis Care Awareness Week National Gardening Week	World Password Day – 1 <sup>st</sup> World Asthma Day – 3 <sup>rd</sup> World Ovarian Cancer Day – 8 <sup>th</sup> International Nurses Day – 12 <sup>th</sup> World Hypertension Day – 17 <sup>th</sup>

		Sun Awareness Week Skincare Awareness Week Dementia Awareness Week Move Week (Promoting Physical Activity)	World MS Day – 30 <sup>th</sup> World No Tobacco Day – 31 <sup>st</sup>
<b>May Wellbeing Focus – Physical Activity</b>			
<b>Action for Happiness Calendar – Meaningful May</b>			
	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>June</b>	Pride Month Sustrans Active Travel Challenge	BNF Healthy Eating Week International Men’s Health Week Volunteers Week Carers Week Bike Week Diabetes Awareness Week Cervical Screening Awareness Week British Heart Week Learning Disability Awareness Week World Allergy Week	World Environment Day – 5 <sup>th</sup> World Blood Donor Day – 14 <sup>th</sup> Clean Air Day – 20 <sup>th</sup>
<b>June Wellbeing Focus – Healthy Eating</b>			
<b>Action for Happiness Calendar – Joyful June</b>			

	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>July</b>		National Childhood Obesity Week	Disability Awareness Day – 17 <sup>th</sup> 24/7 Samaritans Day – 24 <sup>th</sup> International Friendship Day – 30 <sup>th</sup>
<b>July Wellbeing Focus – Family Health</b>			
<b>Action for Happiness Calendar – Jump Back up July</b>			
	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>August</b>	Psoriasis Awareness Month	World Breastfeeding Week National Allotments Week	Cycle to Work Day – 4 <sup>th</sup>
<b>August Wellbeing Focus – Environment</b>			
<b>Action for Happiness Calendar – Altruistic August</b>			
	<b>Monthly Campaigns</b>	<b>Weekly Campaigns</b>	<b>Daily Campaigns</b>
<b>September</b>	World Alzheimer’s Month Sleeptember Healthy Ageing Month	Migraine Awareness Week Organ Donation Week European Week of Sport Know your numbers (Blood Pressure) Week National Eye Health Week 4-week Regional Mental Health Campaign (PHA)	National Read a Book Day – 6 <sup>th</sup> World Suicide Prevention Day – 10 <sup>th</sup> National Fitness Day – 21 <sup>st</sup> World Heart Day ~ 29 <sup>th</sup> World’s biggest coffee morning – 29 <sup>th</sup> International Day of Awareness of Food Loss and Waste – 29 <sup>th</sup>
<b>September Wellbeing Focus – Mental Health</b>			

Action for Happiness Calendar – Self-Care September			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
<b>October</b>	Breast Cancer Awareness Month Stoptober – Stop Smoking National Cholesterol Month Positive Ageing Month	National Work Life Week Back Care Awareness Week Parenting Week – Parenting NI Dyslexia Awareness Week Baby Loss Awareness Week National Arthritis Awareness Week Book Week NI Scams Awareness Week	World Mental Health Day – 10 <sup>th</sup> Global Handwashing Day – 15 <sup>th</sup> European Restart a Heart Day – 16 <sup>th</sup> World Food Day – 16 <sup>th</sup> World Menopause Day – 18 <sup>th</sup> World Osteoporosis Day – 20 <sup>th</sup>
<b>October Wellbeing Focus – Breast Cancer Awareness</b>			
Action for Happiness Calendar – Optimistic October			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
<b>November</b>	Lung Cancer Awareness Month Movember – Men’s Health	Talk Money Week Alcohol Awareness Week Road Safety Week Self-Care week Sugar Awareness Week	National Stress Awareness Day – 6 <sup>th</sup> World Kindness Day – 13 <sup>th</sup> World Diabetes Day – 14 <sup>th</sup> International Men’s Day – 19 <sup>th</sup> Carers Rights Day – 21 <sup>st</sup>
<b>November Wellbeing Focus – Men’s Health</b>			
Action for Happiness Calendar – New Ways November			

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	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
<b>December</b>	Decembeard – Help to beat Bowel Cancer Month		World AIDS Day – 1 <sup>st</sup> International Volunteer Day – 5 <sup>th</sup> Christmas Jumper Day
<b>December’s Wellbeing Focus – Financial Health</b>			
<b>Action for Happiness Calendar – Do Good December</b>			