

Health Awareness Calendar of Campaigns on well360

	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
January	Dry January Love your Liver. Veganuary	Cervical Cancer Prevention Week Energy Savers Week Health Information Week	The Samaritans 'Brew Monday' – 20 th
January Wellbeing Focus – Physical Activity			
Action for Happiness Calendar – Happier January			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
February	National Heart Month LGBT+ History Month	Tinnitus Awareness Week Random Acts of Kindness Week National Eating Disorders Awareness Week Sexual Health Awareness Week Electrical Fire Safety Week	Time to Talk Day 3 rd February – Mental Health World Cancer Day – 4 th Safer Internet Day – 8 th Random Acts of Kindness Day – 17 th
February Wellbeing Focus – Healthy eating for Heart Health			
Action for Happiness Calendar – Friendly February			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
March	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 rd International Women's Day – 8 th National No Smoking Day – 10 th

		Debt Awareness Week	World Sleep Day – 18 th World Oral Health Day – 20 th International Day of Happiness – 20 th World Down Syndrome Day – 21 st
March Wellbeing Focus – Women's Health			
Action for Happiness Calendar – Mindful March			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
April	Bowel Cancer Awareness Month Stress Awareness Month Irritable Bowel Syndrome Awareness Month	Allergy Awareness Week World Autism Awareness Week	World Autism Awareness Day – 2 nd Walk to work day – 4 th World Health Day – 7 th Volunteer Recognition Day – 20 th
April Wellbeing Focus – Mental Health			
Action for Happiness Calendar – Active April			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
May	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 Sun Awareness Week Skincare Awareness Week Dementia Awareness Week Move Week (Promoting Physical Activity)	World Password Day – 1 st World Asthma Day – 3 rd World Ovarian Cancer Day – 8 th International Nurses Day – 12 th World Hypertension Day – 17 th World MS Day – 30 th World No Tobacco Day – 31 st

May Wellbeing Focus – Physical Activity			
Action for Happiness Calendar – Meaningful May			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
June	Pride Month Sustrans Active Travel Challenge	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 th World Blood Donor Day – 14 th Clean Air Day – 20 th
June Wellbeing Focus – Healthy Eating			
Action for Happiness Calendar – Joyful June			

	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
July		National Childhood Obesity Week Alcohol Awareness Week	Disability Awareness Day – 17 th 24/7 Samaritans Day – 24 th International Friendship Day – 30 th
July Wellbeing Focus – Family Health			
Action for Happiness Calendar – Jump Back up July			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
August	Psoriasis Awareness Month	World Breastfeeding Week	Cycle to Work day – 6 th
August Wellbeing Focus – Environment			
Action for Happiness Calendar – Altruistic August			
	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
September	World Alzheimer's Month Sleeptember Healthy Ageing Month Snack-tember	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 th World Suicide Prevention Day – 10 th National Fitness Day – 21 st World Heart Day ~ 29 th World's biggest coffee morning – 29 th International Day of Awareness of Food Loss and Waste – 29 th
September Wellbeing Focus – Mental Health			

Action for Happiness Calendar – Self-Care September

	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
October	Breast Cancer Awareness Month Stoptober – Stop Smoking National Cholesterol Month Positive Ageing Month	National Work Life Week Back Care Awareness Week Dyslexia Awareness Week Baby Loss Awareness Week National Arthritis Awareness Week Book Week NI Scams Awareness Week	World Mental Health Day – 10 th World Arthritis Day European Restart a Heart Day – 16 th World Food Day – 16 th World Menopause Day – 18 th World Osteoporosis Day – 20 th World Stroke Day - 29

October Wellbeing Focus – Breast Cancer Awareness

Action for Happiness Calendar – Optimistic October

	Monthly Campaigns	Weekly Campaigns	Daily Campaigns
November	Lung Cancer Awareness Month Movember – Men's Health	Talk Money Week Road Safety Week Self-Care week Sugar Awareness Week European Week for Waste Reduction International Stress Awareness Week	National Stress Awareness Day – 6 th World Kindness Day – 13 th World Diabetes Day – 14 th International Men's Day – 19 th Carers Rights Day – 21 st

November Wellbeing Focus – Men's Health

Action for Happiness Calendar – New Ways November



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

Monthly Wellbeing Focus	
January	Physical Activity
February	Healthy Eating for Heart Health
March	Women's Health
April	Mental Health
May	Physical Activity
June	Healthy Eating
July	Family Health
August	Environment
September	Mental Health
October	Breast Cancer Awareness
November	Men's Health
December	Financial Health

Action for Happiness Calendar	
January	Happier January
February	Friendly February
March	Mindful March
April	Active April
May	Meaningful May
June	Joyful June
July	Jump Back up July
August	Altruistic August
September	Self-Care September
October	Optimistic October
November	New Ways November
December	Do Good December