

# Health & Wellbeing 2019 Calendar

## JANUARY

1st - 31st Dry January  
21st Brew Monday  
21st - 27th Cervical Cancer Prevention Week

## FEBRUARY

1st - 28th National Heart Month  
4th World Cancer Day  
7th Time to Talk Day  
25th - 3rd March Eating Disorders Awareness Week  
28th Rare Disease Day

## MARCH

1st - 31st March for Men - Prostate Cancer Awareness  
1st - 31st Ovarian Cancer Awareness Month  
11th - 17th Nutrition and Hydration Week  
11th - 17th National Salt Awareness Week  
13th No Smoking Day  
14th World Kidney Day  
15th World Sleep Day  
20th International Day of Happiness  
20th World Oral Health Day  
26th Epilepsy Awareness Purple Day

## APRIL

1st - 30th Bowel Cancer Awareness Month  
1st - 30th IBS Awareness Month  
1st - 30th Stress Awareness Month  
1st - 7th World Autism Week  
16th PJs for PanCan  
22nd - 26th National Stop Snoring Week  
22nd - 28th National MS Week  
24th - 4th May The Big Pedal  
26th On your Feet Britain

## MAY

1st - 31st National Walking Month  
1st - 31st Action on Stroke Month Make May Purple  
1st - 31st May Measurement Month #checkyourpressure  
1st - 31st Skin Cancer Awareness Month  
7th World Asthma Day  
13th - 19th Mental Health Awareness Week  
13th - 19th Sun Awareness Week  
29th World Digestive Health Day

## JUNE

1st - 30th Love your Liver  
1st - 30th National Osteoporosis Month  
1st - 30th Tea for Tinnitus  
1st - 30th Wear It. Beat It.  
1st World Hypoparathyroidism Awareness Day  
1st - 2nd The Big Lunch  
7th - 15th British Heart Week

8th - 16th  
10th - 14th  
10th - 16th  
11th - 17th  
11th - 17th  
14th

Bike Week  
BNF Healthy Eating Week  
Cervical Screening Awareness Week  
Diabetes Week  
Men's Health Week  
World Blood Donor Day

## JULY

1st - 31st Talk to Us  
1st - 7th Health Information Week  
28th World Hepatitis Day

## AUGUST

1st World Lung Cancer Day  
15th Cycle to Work Day

## SEPTEMBER

1st - 30th Urology Awareness Month  
1st - 30th Blood Cancer Awareness Month  
1st - 30th Vascular Disease Awareness Month  
"step it up for September",  
Organ Donation Week  
2nd - 8th World Suicide Prevention Day  
10th Know Your Numbers! Week  
11th - 17th National Eczema Week  
14th - 22nd National Eye Health Week  
24th - 30th Macmillan: World's Biggest Coffee Morning  
27th World Heart Day  
29th

## OCTOBER

1st - 31st National Cholesterol Month  
1st - 31st Breast Cancer Awareness Month  
1st - 31st Go Sober for October  
7th - 11th Backcare Awareness Week  
10th World Mental Health Day  
10th World Sight Day  
16th Restart A Heart Day  
20th World Osteoporosis Day

## NOVEMBER

1st - 30th Lung Cancer Awareness Month  
1st - 30th Men's Health Awareness: Movember  
6th National Stress Awareness Day  
4th - 8th International Stress Awareness Week  
18th - 25th Alcohol Awareness Week  
11th - 17th Sugar Awareness Week  
14th World Diabetes Day

## DECEMBER

1st - 31st Bowel Cancer Awareness Month  
1st - 7th Anger Awareness Week  
3rd International Day of Persons with Disabilities

Dates are subject to change.

01/11/18