

Health & Wellbeing 2020 Calendar



JANUARY

1st - 31st Dry January
20th Brew Monday
20th - 26th Cervical Cancer Prevention Week

FEBRUARY

1st - 29th National Heart Month
4th World Cancer Day
7th Time to Talk Day
25th - 3rd March Eating Disorders Awareness Week
29th Rare Disease Day

MARCH

1st - 31st Ovarian Cancer Awareness Month
1st - 31st Brain Tumour Awareness Month
4th - 10th National Salt Awareness Week
11th No Smoking Day
12th World Kidney Day
13th World Sleep Day
16th - 22nd Nutrition and Hydration Week
20th International Day of Happiness
20th World Oral Health Day
22nd World Water Day
23rd - 29th National Workout and Wellbeing Week
26th Epilepsy Awareness Day

APRIL

1st - 30th Bowel Cancer Awareness Month
1st - 30th IBS Awareness Month
1st - 30th Stress Awareness Month
3rd Walk to Work Day
7th World Health Day
16th Pyjamas for PanCan
20th - 24th National Stop Snoring Week
20th - 26th MS Awareness Week
24th On your Feet Britain
24th - 30th World Immunisation Week

MAY

1st - 31st National Walking Month
1st - 31st Skin Cancer Awareness Month
5th World Asthma Day
6th - 12th Sun Awareness Week
8th World Ovarian Cancer Day
18th - 24th Mental Health Awareness Week
29th World Digestive Health Day

JUNE

1st - 7th Heart Rhythm Week
1st - 30th BHF Wear it. Beat it
1st - 30th Bowel Cancer UK Step Up For 30
1st World Hypoparathyroidism Awareness Day
6th - 14th Bike Week
7th - 15th British Heart Week
10th - 14th BNF Healthy Eating Week
10th - 16th Diabetes Week
14th World Blood Donor Week
15th - 21st Cervical Screening Awareness Week

JULY

1st - 31st Talk to Us
12th Disability Awareness Day
28th World Hepatitis Day

AUGUST

1st World Lung Cancer Day
19th World Humanitarian Day

SEPTEMBER

3rd Every Woman Day
9th - 15th Know Your Numbers Week (Blood Pressure UK)
10th World Suicide Prevention Day
20th Jeans for Genes Day
23rd - 29th National Eye Health Week
25th Macmillan: World's Biggest Coffee Morning
29th World Heart Day

OCTOBER

1st - 31st National Cholesterol Month
1st - 31st Go Sober for October
7th - 11th Back Care Awareness Week
8th World Sight Day
10th World Mental Health Day
16th Restart a Heart Day

NOVEMBER

1st - 30th Men's Health Awareness: Movember
1st - 30th Lung Cancer Awareness Month
2nd - 6th International Stress Awareness Week
11th - 17th Alcohol Awareness Week
11th - 17th Sugar Awareness Week
14th World Diabetes Day

DECEMBER

1st - 31st Bowel Cancer Awareness: Decembeard
3rd International Day of Disabled Persons
10th International Human Rights Day

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Workplace Savings & Benefits

Dates are subject to change.

25/11/19