

Wellbeing Awareness Calendar 2017

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
JAN Love Your Liver/ Dry January			Festival of Sleep Day											Snoring Awareness Day							National Hug Day											National Big Baking Day
FEB National Heart Month Love Your Gloves – Raynaud's Awareness			Time to Talk Awareness Day	World Cancer Day		National Wear 2, Soak 2, Soak 2 Day								Cold Heart Day Alcohol Awareness																		
MAR Save your Vision/ Workplace Eye Wellness Ovarian and Prostate Cancer Awareness Month			National Eating Disorders Awareness Week																		International Day of Happiness World Oral Health Day				Stand up to Bullying Day							
APR National Bowel Cancer Awareness Month Occupational Therapy Month National Autism Month			World Autism Day																		Volunteer Recognition Day											
MAY National Walking Month National Blood Pressure Awareness Month Action on Stroke Month			World Asthma Day			Save Lives – Clean your Hands Day															World Autism Awareness Day											
JUN Men's Health Month National Osteoporosis Awareness Month																																
JUL																																
AUG																																
SEPT World Alzheimer's Month Organic September Healthy Ageing Month Workplace Challenge																																
OCT National Breast Cancer Awareness Month Stoptober Women's Health Month National Cholesterol Month																																
NOV Lung Cancer Awareness Month November - Men's Health National Alzheimer's Disease Awareness Month																																
DEC December - Help to beat Bowel Cancer Month																																

Please be aware that the dates may be subject to alteration, so we recommend contacting the relevant organisations for further information before planning an event. Additional dates can also be accessed by visiting: www.national-awareness-days.com and www.whathealth.com