

NATIONAL HEALTH AWARENESS DATES 2020



JANUARY	<ul style="list-style-type: none"> • Australia Day 26th
FEBRUARY	<ul style="list-style-type: none"> • Ovarian Cancer Awareness Month • Febfast Month • World Cancer Day 4th • Sustainable Living Festival Australia TBC
MARCH	<ul style="list-style-type: none"> • International Women's Day 8th • World Kidney Day 12th • World Salt Awareness Week 4th-10th • World Water Day 22nd • Earth Hour 30th (8:30pm) • International Day of Happiness 20th • World Hearing Day 3rd
APRIL	<ul style="list-style-type: none"> • World Health Day 7th • World Allergy Week TBC • Pay it Forward Day 28th • ANZAC Day 25th • World Creativity & Innovation Week 21st • National Infertility Awareness Week 19th – 25th • Walk to Work Day 3rd
MAY	<ul style="list-style-type: none"> • Mindful in May 1st-31st • Heart Week TBC • Kidney Health Week 25th – 31st • International Women's Health Day TBC • World No Tobacco Day 31st • World Hypertension Day 17th • Food Allergy Awareness Week 12th – 18th
JUNE	<ul style="list-style-type: none"> • Bowel Cancer Awareness Month • World Blood Donor Day 14th • International Day of Yoga 21st • World Continence Week TBC • World Environment Day 5th • International Men's Health Week 15th – 21st

Bold points are topics that will be featured in the monthly newsletter.

NATIONAL HEALTH AWARENESS DATES 2020



JULY	<ul style="list-style-type: none"> • Stress Down Day 24th • Dry July Month • National Diabetes Week TBA • National Pain Week TBA • World Hepatitis Day 28th • Donate Life Week TBA
AUGUST	<ul style="list-style-type: none"> • Dental Health Week 3rd – 7th • National Healthy Bones Week TBA • Sleep Awareness Week TBA • Tradies National Health Month
SEPTEMBER	<ul style="list-style-type: none"> • Prostate Cancer Awareness Month • National Stroke Week TBC • R U OK? Day 12th • World Heart Day 29th • World Suicide Prevention Day 10th • Jean Hailes Women’s Health Week 2nd – 6th • World Gratitude day 21st
OCTOBER	<ul style="list-style-type: none"> • Breast Cancer Awareness Month • Beyond Blue Anxiety & Depression Awareness Month • National Nutrition Week TBA • World Mental Health Day 10th • World Arthritis Day 12th • World Spine Day 16th • National Safe Work Month • Ride2Work Day TBA
NOVEMBER	<ul style="list-style-type: none"> • November • International Men’s Day 19th • Lung Health Awareness Month • National Skin Cancer Action Week TBA • World Kindness Day 13th • National Recycling Week 9th – 15th
DECEMBER	<ul style="list-style-type: none"> • International Volunteers Day 5th • Human Rights Day 10th • Decembeard Month (Bowel Cancer Awareness for Men)

Bold points are topics that will be featured in the monthly newsletter.

