



January 24 - 31

February 1 - 7



February 21 - 28



February 24



May 3 - 9



May 7



May 10 - 16



June 25



July 11 - 17

August 1 - 7



September 28



October 1 - 30



November 1 - 30



December 1



January

- 1 Quit Smoking New Year's Resolution Quitline 131 848 www.quitsa.org.au
- 24 - 31 Australia's Healthy Weight Week www.healthyweightweek.com.au
- 26 Australia Day

February

- 1 - 28 Ovarian Cancer Awareness Month www.ovariancancer.net.au
- 4 World Cancer Day www.worldcancercampaign.org
- 1 - 7 Naturopathy Awareness Week www.endeavour.edu.au
- 1 - 7 World Salt Awareness Week www.thegeorgeinstitute.org
- 21 - 28 Australian Blood Donor Awareness Week www.donatelife.gov.au/index.html
- 24 Teal Ribbon Day www.ovariancancer.net.au

March

- 1 - 31 Scleroderma National Awareness Month www.scleroderma.com.au
- 7 - 13 World Glaucoma Week www.glaucoma.org.au
- 11 World Kidney Day www.kidney.org.au
- 13 World Glaucoma Day www.glaucoma.org.au
- 13 - 20 Coeliac Awareness Week www.coeliacsociety.com.au
- 17 National Ride to School Day www.bicyclensw.org.au
- 21 Harmony Day www.harmony.gov.au
- 21 World Down Syndrome Day www.dsansw.org.au
- 21 - 27 Arthritis Awareness Week www.arthritisaustralia.com.au
- 22 - 28 National Musculoskeletal Awareness Week www.endeavour.edu.au

April

- 1 - 30 Great Australian Bite www.greataustralianbite.com.au
- 7 World Health Day www.un.org
- 11 World Parkinson's Day
- 17 World Haemophilia Day www.haemophilia.org.au
- 25 World Malaria Day www.un.org

May

- 2 - 8 Osteopathy Awareness Week www.osteopathic.com.au
- 2 - 8 Motor Neurone Disease Week www.mndaust.asn.au
- 3 - 9 National Mothering Week www.breastfeeding.asn.au
- 3 - 9 Heart Week www.heartfoundation.org.au
- 7 Walk Safely to School Day www.walk.com.au
- 10 - 16 National Volunteer Week www.volunteeringaustralia.org
- 16 - 22 Crohn's and Colitis Awareness Week www.crohnsandcolitis.com.au
- 16 - 22 Food Allergy Week www.allergyfacts.org.au
- 29 White Wreath Day www.whitewreath.com
- 30 Step Up for MS www.multiple-wa.asn.au
- 30 - June 4 Kidney Health Awareness Week www.kidney.org.au
- 31 World No Tobacco Day www.un.org

June

- 6 - 12 Bowel Cancer Awareness Week www.bowelcanceraustralia.org
- 9 Red Apple Day www.bowelcanceraustralia.org
- 11 Go Red for Women Day www.heartfoundation.org.au
- 14 - 20 Men's Health Week www.menshealthweek.com.au
- 25 Red Nose Day www.rednoseday.com.au

July

- 1 - 31 jULEYE www.juleye.com.au
- 11 - 17 National Diabetes Week www.diabetesnsw.com.au
- 19 - 25 Wee Week www.kidney.org.au

August

- 1 - 7 Infant Massage Awareness Week www.iaim.com.au
- 1 - 7 World Breastfeeding Week www.breastfeeding.asn.au
- 1 - 7 National Healthy Bones Week www.osteoporosis.org.au
- 6 Jeans for Genes Day www.jeansforgenes.org.au
- 15 - 21 National Glaucoma Week www.glaucoma.org.au
- 22 - 28 Hearing Awareness Week www.hearingawarenessweek.org.au
- 29 - 6 Sept Parkinson's Awareness Week

September

- 1 - 30 Ovarian Cancer Research Month www.ocrf.com.au
- 1 - 30 Prostate Cancer Awareness Month www.prostate.org.au
- 1 - 7 National Asthma Week www.asthmaustralia.org.au
- 10 World Suicide Prevention Day www.un.org
- 13 - 19 National Stroke Week
- 19 - 25 National Headache and Migraine Awareness Week www.headacheaustralia.org.au
- 21 World Alzheimer's Day www.alzheimers.org.au
- 28 World Heart Day www.un.org

October

- 1 - 30 *beyondblue* Anxiety and Depression Awareness Month www.beyondblue.org.au
- 1 National Walk to Work Day www.walk.com.au
- 7 World Sight Day www.vision2020australia.org.au
- 10 - 16 Mental Health Week www.waamh.org.au
- 10 World Mental Health Day www.un.org
- 10 - 16 National Nutrition Week www.nutritionaustralia.org
- 14 World Spirometry Day www.lungfoundation.com.au
- 20 World Osteoporosis Day www.osteoporosis.org.au
- 29 National Bandanna Day www.canteen.org.au

November

- 1 - 30 MO-ember Changing the face of Men's Health www.movember.com
- 1 - 30 Lung Health Awareness Month www.lungfoundation.com.au
- 11 Heart Foundation Walking Day www.heartfoundation.org.au
- 14 World Diabetes Day www.diabetesaustralia.com.au
- 17 World COPD Day www.un.org
- 25 World Day for the Elimination of Violence Against Women www.un.org

December

- 1 World AIDS Day www.un.org
- 3 World Day of Persons with Disabilities www.un.org