

United Nations International Year of Forests

JAN	1	Quit Smoking New Years Resolution	www.quittas.org.au	Month of	JulyEYE	www.juleye.com.au	
	23-30	Healthy Weight Week	www.healthyweightweek.com.au		Diabetes Awareness Month	www.diabetestas.com.au	
FEBRUARY	1-7	Salt Awareness Week	www.awash.org.au	JULY	Dry July	www.dryjuly.com	
	2	World Wetlands Day	www.environment.gov.au		3-10	NAIDOC Week	www.naidoc.org.au
	4	World Cancer Day	www.cancertas.org.au		10-16	National Diabetes Awareness Week	www.diabetestas.com.au
	14	National Condom Day	www.fpt.asn.au		11	World Population Day	www.unfpa.org
	14-20	Sexual Health Awareness Week	www.shinesa.org.au		18-24	National Wee Week	www.kidney.org.au
	20	World Day of Social Justice	www.un.org/esa/socdev/social/intldays/intlJustice/		18-24	National Farm Safe Week	www.farmsafe.org.au
	21-28	Organ Donor Awareness Week	www.kidney.org.au		22	FragileX Awareness Day	www.fragilex.org.au
	23	Ovarian Cancer Teal Ribbon Day	www.ovariancancer.net.au		23	Lifelines Stress Down Day	www.stressdown.org.au
	25	National ICEE Sunnies for Sight Day	www.sunniesforsight.org		24-31	Pituitary Awareness Week	www.pituitary.asn.au
26-27	Relay for Life – Hobart	www.cancertas.org.au	28	World Hepatitis Day	www.hepatitisaustralia.com		
MARCH	Month of	National Epilepsy Awareness	www.epilepsyaustralia.net	AUGUST	1-7	World Breastfeeding Week	www.breastfeeding.asn.au
	6-12	World Glaucoma Week	www.glaucoma.org.au		1-7	Infant Massage Awareness Week	www.infantmassage.org.au
	8	International Women's Day	www.women.tas.gov.au		2-8	Dental Awareness Week	www.ada.org.au
	8	Pancake Day (Shrove Tuesday)	www.pancakeday.com.au		6	Jeans for Genes Day	www.jeans4genes.com.au
	10	World Kidney Day	www.kidney.org.au		7-14	National Healthy Bones Week	www.healthybones.com.au
	10-12	World's Greatest Shave	www.worldsgreatestshave.com.au		9	International Day of the World's Indigenous People	www.un.org/events/indigenous/
	12-20	State Bike Week	www.getmoving.tas.gov.au		12	International Youth Day	www.un.org/esa/socdev/nyin/youthday.htm
	13-20	Coeliac Awareness Week	www.coeliacsociety.com.au		15	Cupcake Day	www.rspca.org.au
	15	World Social Work day	www.aasw.asn.au		15-21	Brain Injury Awareness Week	www.bia.net.au
	14-20	Brain Awareness Week	www.brainaustralia.org.au		21-27	Speech Pathology Awareness Week	www.speechpathologyaustralia.org.au
	19-20	Relay for Life – St.Helens & Huonville	www.cancertas.org.au		22-28	Keep Australia Beautiful Week	www.kab.org.au
	21	Harmony Day	www.harmony.gov.au		22-28	Hearing Awareness Week	www.hearingawarenessweek.org.au
	22	World Day for Water	www.unwater.org/worldwaterday		26	Daffodil Day	www.daffodilday.com.au
	26-27	Relay for Life – Launceston & Penguin	www.cancertas.org.au		31	National Overdose Awareness Day	www.salvationarmy.org.au
	27	National Youth Tobacco Free Day	http://oxygen.org.au		28-4 Sep	Parkinson's Awareness Week	www.parkinsonsvic.org.au
	27	Neighbour Day	www.neighbourday.org				
	27-2 April	Arthritis Awareness Week	www.arthritisaustralia.com.au				
28-3 April	Wound Awareness Week	www.awma.com.au					
APRIL	Month of	Internat. IBS (irritable bowel) Awareness	www.ibis-australia.org	SEPTEMBER	Month of	Prostate Cancer Awareness Month	www.prostate.org.au
	1	April FALLS Day	www.powmri.edu.au/fallsnetwork		1-7	Spina Bifida Awareness Week	www.sbfv.org.au/
	1-10	National Youth Week	www.youthweek.com		1-7	National Asthma Week	www.asthmaaustralia.org.au
	2	Autism Awareness Day	www.autismawareness.com.au		1-8	Adult Learners Week	www.adultlearnersweek.org
	7	World Health Day	www.who.int/world-health-day		4-11	Child Protection Week	www.napcan.org.au
	11	World Parkinson's Day	www.parkinsons.org.au		5-11	Eczema Awareness Week	www.eczema.org.au
	15-21	Internat. Creativity & Innovation Week	www.creativityday.org		8	International Literacy Day	www.un.org/depts/dhl/literacy
	16	World Voice Day	www.entnet.org/worldvoiceday		9	Int. Foetal Alcohol Spectrum Disorder Day	www.adca.org.au
	17	World Haemophilia Day	www.haemophilia.org.au		10	National Gynaecological Awareness	www.gain.org.au
	17	World Heritage Day	www.qdrc.org/heritage/world-heritage-day.html		10	Suicide Prevention Day	www.lifeline.org.au
	22	Earth Day	www.earthday.net		12	World First Aid Day	www.redcross.org.au
	23-29	Global Road Safety Week	www.grsroadsafety.org/		12-18	National Stroke Week	www.strokefoundation.com.au
	25-29	National Playgroup Week	www.playgroupaustralia.com.au		15	Worldwide Lymphoma Day	www.lymphomacoalition.org
	28	Pay it Forward Day	www.payitforward.com		16-27	National Alzheimers Week *date TBC	www.alzheimers.org.au
30	Coin for a Cord National Day	www.innerwheelaustralia.org.au	21	World Alzheimers Day	www.alzheimers.org.au		
			26	World Heart Day	www.heartfoundation.com.au		
MAY	Month of	Jelly Baby Month	www.jdrf.org.au	OCTOBER	Month of	Anxiety and Depression Awareness	www.beyondblue.org.au
	1-7	World Homeopathy Week	www.homeopathyoz.org		Breast Cancer Awareness	www.nbccc.org.au/	
	1-7	National Heart Week	www.heartfoundation.com.au		Walktober (Tas)	www.walktober.com.au/Tasmania	
	2-8	Osteopathy Awareness Week	www.osteopathic.com.au		Foot Health Month	www.apodc.com.au	
	3	World Asthma Day	www.asthmaaustralia.org.au		1	International Day of Older Persons	www.un.org/depts/dhl/olderpersons/
	5	World hand Hygiene Day	www.hha.org.au		1-7	Seniors Week	www.cotatas.org.au
	5	International Midwives Day	www.midwives.org.au		4-11	Amputee Awareness Week	www.limbs4life.com
	8-14	Neighbourhood House/ Centre Week	www.tach.asn.au		7	National Walk to Work Day	www.walk.com.au
	9-15	National Volunteers Week	www.volunteeringaustralia.org		7	R U OK? Day	www.ruokday.com.au
	9-15	Diversional Therapy Awareness Week	www.diversionaltherapy.org.au		8	World Hospice & Palliative Care Day	www.pallcare.org.au
	10	World Lupus Day	www.lupusnsw.org.au		9-15	Mental Health Week	www.mentalhealth.org.au
	12	International Nurses Day	www.rcna.org.au		9-15	National Week for Deaf People	www.deafau.org.au
	15-21	National Families Week	www.familiesaustralia.org.au		9-15	National Haemophilia Awareness	www.haemophilia.org.au
	16-22	Schizophrenia Awareness Week	www.mifa.org.au		10	World Mental Health Day	www.mentalhealth.org.au
	16-22	National Crohns & Colitis Awareness	www.acca.net.au		12	World Arthritis Day	www.arthritisaustralia.com.au
	17	World Hypertension Day	www.heartfoundation.org.au		13	Stress Less Day	www.stressdown.org.au
	19-26	Hepatitis Awareness Week	www.hepatitisaustralia.com		16-22	National Nutrition Week	www.nutritionaustralia.org
	20	Walk Safely to School Day	www.walk.com.au		16	World Food Day	www.un.org.au
	22-28	National Palliative Care Week	www.palliativecare.org.au		16	Skilled Burnie 10	www.burnieten.com.au
	22-28	Macular Degeneration Awareness	www.mdffoundation.com.au		17-21	Work Safe Tasmania Week	www.workcover.tas.gov.au
23-29	Responsible Gambling Week	www.dhhs.tas.gov.au/gambling	18-24	National Carers Week	www.carersaustralia.com.au		
22-29	Kidney Health Week	www.kidney.org.au	20	World Osteoporosis Day	www.osteoporosis.org.au		
26	National Sorry Day	www.nsd.com.au	24-31	Children's Week	www.childrensweek.com.au		
26	Australia's Biggest Morning Tea	www.biggestmorningtea.com.au	24-30	Occupational Therapy Week	www.ausot.com.au		
27-3 June	National Reconciliation Week	www.reconciliation.org.au	24	World Polio Day	www.polioaustralia.org.au		
31	World No Tobacco Day	www.quittas.org.au	25	Pink Ribbon Day	www.pinkribbonday.com.au		
			25	National Kidsafe Day	www.kidsafetas.com.au		
JUNE	Month of	Go Red for Women	www.goredforwomen.com.au	NOVEMBER	Month of	Lung Cancer Awareness Month	www.lungnet.com.au
	5	World Environment Day	www.unep.org/wed		Muscular Dystrophy Awareness	www.mda.org.au	
	5-11	Bowel Cancer Awareness Week	www.bowelcanceraustralia.com		Miracle Babies Month	www.miraclebabies.com.au	
	8	Red Apple Day	www.bowelcanceraustralia.com		4	Australian Lung Cancer Day	www.lungnet.com.au
	14	World Blood Donor Day	www.donateblood.com.au		8-12	Community Health Nursing Week *TBC	www.anf.org.au
	14-20	International Men's Health Week	www.menshealthweek.org		14	World Diabetes Day	www.worlddiabetesday.org
	16-22	National Crohn's & Colitis Awareness	www.acca.net.au		14-20	National Psychology Week	www.psychology.org.au
	19	Launceston Ten	www.launcestonten.com.au		15-21	Spinal Injuries Awareness Week	www.spinal.com.au
	19-25	Refugee Week	www.refugeecouncil.org.au		16	International Day for Tolerance	www.un.org/en/events/toleranceday/
	19-25	Drug Action Week	www.drugactionweek.org.au		20	Universal Children's Day	www.un.org/depts/dhl/children_day/
	20-26	World Continence Awareness Week	www.continence.org.au		21	25th Birthday of the Ottawa Charter	www.who.int/healthpromotion
20	World Refugee Day	www.refugeecouncil.org.au	21-27	National Skin Cancer Action Week	www.cancer.org.au		
24	Red Nose Day	www.rednoseday.com.au	25	White Ribbon day	www.whiteribbonday.org.au		
29	Childhood Hero Day	www.childhoodhero.com.au					
DECEMBER	1	World AIDS Day	www.worldaidsday.org.au/	1	World AIDS Day	www.worldaidsday.org.au/	
	3	World Day of Persons with Disabilities	www.addc.org.au/2010/12/idpwd/	3	World Day of Persons with Disabilities	www.addc.org.au/2010/12/idpwd/	
	5	International Volunteers Day	www.volunteeringaustralia.org	5	International Volunteers Day	www.volunteeringaustralia.org	
	10	Human Rights Day	www.unilinjjustice.org.au/resources/human-rights-day.html	10	Human Rights Day	www.unilinjjustice.org.au/resources/human-rights-day.html	
	18	International Migrants Day	www.un.org/depts/dhl/events/migrants/	18	International Migrants Day	www.un.org/depts/dhl/events/migrants/	



Health Events Calendar developed by :
Health Promotion - Primary Health North
healthpromotion.north@dhhs.tas.gov.au