



healthworks health awareness calendar 2019





January 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------------------|-----------|-----------|-----------|-----------|-----------|
| | 1 New Year's Day | 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 Australia Day Public Holiday | 29 | 30 | 31 | | | |
| | | | | | | |



Feburary 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|------------------------|--------|----------|--------|
| All February: FebFast, Ovarian Cancer Awarness Month. REDFEB Heart Research Month | | | | | | |
| | | | | 1 | 2 | 3 |
| 4 World Cancer Day | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 Smart Eating Week / Healthy Weight Week (11-17) | 12 | 13 | 14 Wear Red Day | 15 | 16 | 17 |
| 18 International Asperger's Day | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 Clean Up Australia Day for Businesses | 27 Teal Ribbon Day (Ovarian Cancer) | 28 Rare Disease Day | | | |
| | | | | | | |



March 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------------------------------------|--|--------------------------------------|---------------------------------------|-----------|--|
| All March: Melanoma March | | | | | | |
| | | | | 1 World Compliment Day | 2 | 3 World Hearing Day & Hearing Awareness Week (3-9) |
| 4 | 5 | 6 | 7 | 8 International Women's Day | 9 | 10 |
| 11 Brain Awareness Week (11-17) Public Holiday (ACT, SA, TAS, VIC) | 12 | 13 World's Greatest Shave (Leukemia) | 14 World Kidney Day | 15 World Sleep Day | 16 | 17 |
| 18 | 19 | 20 International Day of Happiness | 21 World Down Syndrome Day | 22 | 23 | 24 |
| 25 | 26 Purple Day for Epilepsy | 27 | 28 | 29 | 30 | 31 |
| | | | | | | |



April 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|-----------|--|--------------------------|--|---|
| All April: Go Blue for Autism | | | | | | |
| 1 Be Alarmed Day & National Smile Day | 2 World Autism Day | 3 | 4 | 5 | 6 | 7 World Health Day |
| 8 Kidney Health Week (8-14) | 9 | 10 | 11 World Parkinson's Day | 12 | 13 | 14 |
| 15 World Creativity & Innovation Week (15-21) | 16 | 17 | 18 | 19 Good Friday | 20 Easter Saturday (except TAS & WA) | 21 Easter Sunday (ACT, NSW, QLD & VIC) |
| 22 Patient Experience Week (22-26) | 23 World Immunisation Week (23-29) | 24 | 25 National DNA Day Anzac Day | 26 | 27 | 28 World Day for Safety and Health at Work & National Heart Week (28 April-5 May) |
| 29 | 30 | | | | | |
| | | | | | | |



May 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------------------------|--|---|-------------------------------------|--------------------------------|--|
| All May: Mindful in May, Macula Month, Crohn's & Colitis Awareness Month, 65 Roses (Cystic Fibrosis), Thyroid Awareness Month, Eczema Awareness Month | | | | | | |
| | | 1 Kiss Goodbye to MS | 2 | 3 | 4 | 5 World Hand Hygiene Day |
| 6 International No Diet Day Labour Day (QLD) & May Day (NT) | 7 World Asthma Day | 8 World Ovarian Cancer Day | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 International Day of Families | 16 | 17 World Hypertension Day | 18 | 19 World IBD Day (Crohns & Colitis) |
| 20 National Volunteer Week (20-26) | 21 | 22 | 23 Australia's Biggest Morning Tea (Cancer) | 24 | 25 World Thyroid Day | 26 Food Allergy Awareness Week (26 May-1 June) |
| 27 Reconciliation Day (ACT) | 28 | 29 Wear White at Work Day (Suicide & Mental Illness) | 30 World MS Day | 31 World No Tobacco Day | | |
| | | | | | | |



June 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------|---------------------|---------------------------------|--------------------|--------|
| All June: Bowel Cancer Awareness Month, National Burns Awareness Month | | | | | | |
| | | | | | 1 | 2 |
| 3 Western Australia Day (WA) | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 Men's Health Week (10-16) Queen's Birthday (except WA, QLD) | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 Red Apple Day | 21 International Day of Yoga | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 Red Nose Day | 30 |
| | | | | | | |



July 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|--------------------------|----------|-----------------------------|----------|---|
| All July: Dry July, JulEYE | | | | | | |
| | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 National Diabetes Week (14-20) |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 National Pain Week (22-28) | 23 | 24 Stress Down Day | 25 | 26 White Ribbon Night | 27 | 28 Donate Life Week (28 Jul-4 Aug) |
| 29 | 30 | 31 | | | | |



August 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------|-----------|----------|-------------------------------------|----------|--------|
| All August: Tradies National Health Month | | | | | | |
| | | | 1 | 2 Jeans for Genes Day | 3 | 4 |
| 5 Picnic Day (NT) Dental Health Week & Sleep Awareness Week (5-11) | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 Daffodil Day (Cancer Council) | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | |



September 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------------------------|-----------|----------------|---------------------------------|------------------------|---|
| All September: International Prostate Cancer Awareness Month | | | | | | |
| | | | | | | 1 National Blood Donor Week and Migraine Awareness Week (1-7) |
| 2 Women's Health Week (2-6) | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 Headache and Migraine Week (9-15) | 10 World Suicide Prevention Day | 11 | 12 R U OK? Day | 13 | 14 World First Aid Day | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 World Car-Free Day |
| 23 | 24 | 25 | 26 | 27 AFL Grand Final Friday (VIC) | 28 | 29 World Heart Day |
| 30 Queen's Birthday (WA) | | | | | | |



October 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------|------------------------|---|---|--------------------------------|---|
| All October: National Safe Work Australia Month, Mental Health Month, October, Foot Health Month, Breast Cancer Awareness Month, Walktober, Shoctober, Polio Awareness Month | | | | | | |
| | 1 | 2 | 3 | 4 World Smile Day & Walk to Work Day | 5 Mental Health Week (5-13) | 6 |
| 7 Labour Day (NSW, ACT, SA) & Queen's Birthday (QLD) | 8 | 9 | 10 World Mental Health Day & World Sight Day | 11 | 12 | 13 National Nutrition Week & Carers Week (13-19) |
| 14 | 15 | 16 Ride to Work Day | 17 | 18 | 19 | 20 Pink Ribbon Day & Sock it to Suicide Week (20-27) |
| 21 | 22 | 23 | 24 World Polio Day | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |
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November 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------------|-----------|--------------------------|--------|---|--------|
| All November: Movember: Changing the Face of Men's Health | | | | | | |
| | | | | 1 | 2 | 3 |
| 4 Recreation Day (TAS) | 5 Melbourne Cup (VIC) | 6 | 7 | 8 | 9 Australian Food Safety Week (9-16) | 10 |
| 11 | 12 World Kindness Day | 13 | 14 World Diabetes Day | 15 | 16 | 17 |
| 18 National Skin Cancer Awareness Week (18-24) | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | |



December 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|----------------------------|---|-----------|-----------|----------------------------|
| All December: Decembeard (Bowel Cancer) | | | | | | |
| | | | | | | 1 World AIDS Day |
| 2 | 3 International Day of Persons with Disabilities | 4 | 5 International Volunteer Day | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 Christmas Day | 26 Boxing Day (except SA) & Proclamation Day (SA) | 27 | 28 | 29 |
| 30 | 31 | | | | | |



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