



Healthworks
Health Awareness
Calendar
2020



01
2020

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	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 Australia Day
27 Australia Day Public Holiday	28	29	30	31	1	2
3	4	5	6	7	8	9



02
2020

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
3	4 World Cancer Day	5	6	7	8	9
10 Smart Eating Week (10-16) TBC	11	12	13	14 Wear Red Day	15	16
17	18 International Asperger's Day	19	20	21	22	23
24	25 Clean Up Australia Day for Businesses	26 Teal Ribbon Day (Ovarian Cancer)	27	28	29 Rare Disease Day	1
2	3	4	5	6	7	8

All February: FebFast, Ovarian Cancer Awareness Month, REDFEB Heart Research Month



03
2020

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	1 World Compliment Day & Clean Up Australia Day & Hearing Awareness Week (1-7)
2 Labour Day (WA)	3 World Hearing Day	4	5	6	7	8 World Glaucoma Week (8-14) & International Women's Day
9 Salt Awareness Week (9-15) Public Holiday (ACT, SA, TAS, VIC)	10	11 World's Greatest Shave (11-15)	12 World Kidney Day	13 Coeliac Awareness Week (13-20) & World Sleep Day	14	15
16 Brain Awareness Week (16-22)	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	1	2	3	4	5

All March: Melanoma March



04
2020

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	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) TBC	9	10 Good Friday	11 World Parkinson's Day Easter Saturday (except TAS & WA)	12 Easter Sunday (ACT, NSW, QLD & VIC)
13 Easter Monday	14	15 World Creativity & Innovation Week (15-21)	16	17	18	19
20	21	22	23	24 World Immunisation Week (24-30)	25 Anzac Day	26
27 Patient Experience Week (27 April - 1 May)	28 World Day for Safety and Health at Work	29	30	1	2	3
4	5	6	7	8	9	10

All April: Go Blue for Autism



05
2020

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3 National Heart Week (3-9)
4 May Day (NT) Labour Day (QLD)	5 World Hand Hygiene Day & World Asthma Day	6 International No Diet Day	7	8 World Ovarian Cancer Day & World Red Cross Day	9	10 World Lupus Day
11	12	13	14	15 International Day of Families	16	17 Schizophrenia Awareness Week (17-24) & World Hypertension Day
18 National Volunteer Week (18-24)	19 World IBD Day (Crohn's & Colitis)	20	21	22	23	24 World Schizophrenia Awareness Day & Food Allergy Awareness Week (24-30)
25 World Thyroid Day	26	27	28 Australia's Biggest Morning Tea (Cancer)	29 Wear White at Work Day (Suicide & Mental Illness)	30 World MS Day	31 World No Tobacco Day
1	2	3	4	5	6	7

All May: Mindful in May, Macula Month, Crohn's & Colitis Awareness Month, 65 Roses (Cystic Fibrosis), Thyroid Awareness Month, Eczema Awareness Month

06

2020



June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Western Australia Day (WA) Reconciliation Day (ACT)	2	3	4	5	6	7
8 Queen's Birthday (except WA, QLD)	9	10	11	12	13	14 National Blood Donor Week (14-20) & World Blood Donor Day
15 Men's Health Week (15-21)	16	17 Red Apple Day	18	19	20	21 International Day of Yoga
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

All June: Bowel Cancer Awareness Month, National Burns Awareness Month

07

2020



July

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

All July: Dry July, #DYE



08
2020

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 <i>Donate Life Week (26 Jul-2 Aug)</i>	28	29	30	31	1	2
3 Dental Health Week & Sleep Awareness Week (3-9) <i>Picnic Day (NT)</i>	4	5	6	7 <i>Jeans for Genes Day</i>	8	9
10	11	12	13 <i>Left Handers Day</i>	14 <i>Red Nose Day</i>	15	16
17	18	19	20	21	22	23
24	25	26	27	28 <i>Daffodil Day (Cancer Council)</i>	29	30
31 National Stroke Week (31 August - 7 September)	1	2	3	4	5	6

All August: Tradies National Health Month



09
2020

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 <i>National Stroke Week (31 August - 7 September)</i>	1	2	3	4	5	6
7 <i>Women's Health Week (7-11)</i>	8	9	10 <i>R U OK? Day & World Suicide Prevention Day</i>	11	12 <i>World First Aid Day</i>	13
14	15	16	17	18	19	20
21 <i>Headache & Migraine Week (21-25)</i>	22 <i>World Car-Free Day</i>	23	24	25 <i>AFL Grand Final Friday (VIC)</i>	26	27
28 <i>Queen's Birthday (WA)</i>	29 <i>World Heart Day</i>	30	1	2	3	4
5	6	7	8	9	10	11

All September: International Prostate Cancer Awareness Month



10 2020

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1 Borderline Personality Disorder Awareness Week (1-7)	2 Walk to Work Day & World Smile Day	3	4
5 Labour Day (NSW, ACT, SA) & Queen's Birthday (QLD)	6	7	8	9	10 World Mental Health Day Mental Health Week (10-18)	11 Carers Week (11-17)
12 National Nutrition Week & Foot Health Week (12-18) TBC	13	14 World Sight Day	15 Global Handwashing Day	16	17	18 Sock it to Suicide Week (18-24)
19	20 World Osteoporosis Day	21 Ride to Work Day	22	23	24 World Polio Day	25
26 Pink Ribbon Day	27	28	29	30	31	1
2	3	4	5	6	7	8

All October: National Safe Work Australia Month, Mental Health Month, October, Breast Cancer Awareness Month, Walktober, Shoctober, Polio Awareness Month



11
2020

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
2 Recreation Day (TAS)	3 Melbourne Cup (VIC)	4	5	6	7	8
9	10	11	12	13 World Kindness Day	14 Australian Food Safety Week (14-21) & World Diabetes Day	15 National Skin Cancer Awareness Week (15-21)
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1 New Year's Day	2	3	4	5	6

All November: Movember: Changing the Face of Men's Health

12

2020



December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	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 Boxing Day Holiday (except SA)	29	30	31	1	2	3
4	5	6	7	8	9	10

All December: Decembeard (Bowel Cancer)



healthworks®

Suite 3.06 55 Miller Street Pyrmont 2009
T: 1300 90 10 90
ask@healthworks.com.au
www.healthworks.com.au



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January

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28	29	30	31	1 <small>New Year's Day</small>	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 <small>Australia Day</small>	27	28	29	30	31
1	2	3	4	5	6	7