

Health and Wellbeing Calendar 2024



January

Recharge and reset



Skin Care Awareness Month

24 International Day of Education

February

Building healthy relationships



4 World Cancer Day
20 World Day of Social Justice

March

Move more



1 Zero Discrimination Day
8 International Women's Day
15 World Sleep Day
20 International Day of Happiness

April

Healthy sleep habits



2 World Autism Day
7 World Health Day
25 Anzac Day
28 World Day for Safety and Health at Work

May

Career satisfaction and fulfilment



17 The International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT)
27-3 Reconciliation Week

June

Financial fitness



(LGBTQ) Pride Month

5 World Environment Day
12-18 Men's Mental Health Week

July


Stress management and resilience



2-9 NAIDOC Week
30 International Day of Friendship

August

Healthy eating



25 Wear it Purple Day

September

Mentally healthy every day



4-8 Women's Health Week
10 World Suicide Prevention Day
14 RUOK Day

October

Holistic health



National Safe Work Month

2 International Day of non-violence
10 World Mental Health Day/ World Homeless Day
15-21 National Carer's Week

November

Mindfulness and gratitude



November 

12-18 Perinatal Anxiety and Depression Awareness Week
19 International Men's Day
25 White Ribbon Day

December

Give the gift of self-care



3 International Day of People with Disabilities
10 Human Rights Day