

# 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  
**10 - 16** Men's Mental Health Week

**July**


Stress management and resilience



**4 - 11** NAIDOC Week  
**30** International Day of Friendship

**August**

Healthy eating



**30** Wear it Purple Day

**September**

Mentally healthy every day



**10** World Suicide Prevention Day  
**12** RUOK Day

**October**

Holistic health



**National Safe Work Month**

**2** International Day of non-violence  
**10** World Mental Health Day/ World Homeless Day  
**13 - 19** 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