


2026 Health and Wellbeing Calendar

Your guide to monthly campaigns, and key health and wellbeing days



January

CAREER
Navigating work with purpose



24 International Day of Education

February

HEALTH AND NUTRITION
Rethinking food and health



4 World Cancer Day
19 Emotional Health Week

March

The Movement Challenge



8 International Women's Day
13 World Sleep Day
17 Neurodiversity Celebration Week
20 International Day of Happiness

April


FAMILIES
Real talk about family relationships



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

May

FINANCE
Money talks: smarter everyday choices



15 International Day of Families
17 IDAHOBIT Day
21 World Meditation Day
26 National Sorry Day
27 National Reconciliation Week

June

SLEEP
Sleep smarter, live better



5 World Environment Day
8 Men's Health Week

July

BURNOUT / RESILIENCE
Finding balance in demanding times



5 NAIDOC Week

Tradie National Health Month

August

RELATIONSHIPS AND LONELINESS
Real connections in a digital age



3 Loneliness Awareness Week

September


Be Mentally Healthy Every Day



1 Women's Health Week
10 World Suicide Prevention Day
11 R U OK? Day

October

WOMEN'S HEALTH
Women's health: in focus



10 World Mental Health Day
12 National Health Carer's Week
18 World Menopause Awareness Day

ADHD Awareness Month
Breast Cancer Awareness Month
Menopause Awareness Month

November

MEN'S HEALTH
Men's health: opening the conversation



2 International Stress Awareness Week
19 International Men's Day
25 White Ribbon Day

Movember, Men's Health Awareness Month

December

DISABILITY AND INCLUSIVITY
Inclusive by design: supporting every voice



3 International Day of People with Disabilities