

2027 Health and Wellbeing Calendar

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



JANUARY

Thriving at work

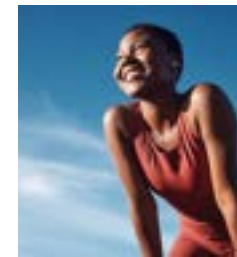
24 International Day of Education



FEBRUARY

Food for life

4 World Cancer Day
7 Physical Disability Awareness Day
18 Emotional Health Week



MARCH

Movement Challenge

8 International Women's Day
15 Neurodiversity Celebration Week
19 World Sleep Day
20 International Day of Happiness
21 Harmony Day



APRIL

Resilience and burnout

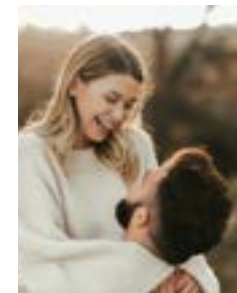
2 World Autism Awareness Day
7 World Health Day
18 World Day for Safety & Health at Work



MAY

Financial confidence

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



JUNE

Stronger relationships

5 World Environment Day
14 Men's Health Week



JULY

Rest and recharge

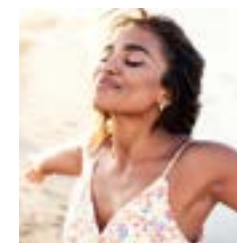
4 NAIDOC Week



AUGUST

Managing stress

2 Loneliness Awareness Week
Tradie National Health Month



SEPTEMBER

Be Mentally Healthy Every Day

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



OCTOBER

Women's health

10 World Mental Health Day
11 National Carer's Week
18 World Menopause Awareness Day
ADHD Awareness Month
Breast Cancer Awareness Month
Menopause Awareness Month



NOVEMBER

Men's health

3 International Stress Awareness Week
19 International Men's Day
25 White Ribbon Day
Movember, Men's Health Awareness Month



DECEMBER

Diversity and inclusion

3 International Day of People with Disabilities