

## January

- 1-31 Dry January
- 3 Festival of Sleep Day
- 20 Brew Monday



This Brew Monday and Time to Talk Day, support mental wellbeing with [case management](#), [training](#), and open conversations.

## February

- 1-28 Heart Month
- 6 Time to Talk Day

## March

- 3 World Hearing Day
- 14 World Sleep Day
- 17-23 Neurodiversity Celebration Week

## April

- 1-30 World Stress Month
- 1-30 Testicular Cancer Awareness Month
- 28 World Day for Safety & Health at work

## May

- 1-31 Skin Cancer Awareness Month
- 6 World Asthma Day
- 5-11 Deaf Awareness Week
- 12-18 Sun Awareness Week

## June

- 5 World Environment Day
- 9-13 BHF Healthy Eating Week
- 9-15 Men's Health Week
- 10-16 Diabetes Week

## July

- 7-13 Alcohol Awareness Week
- 24 International Self-Care Day
- 1-31 Talk to Us Month

## August

- 1-7 World Breastfeeding Week
- 1-31 Psoriasis Awareness Month
- 7 Cycle to Work Day

## September

- 1-30 Vascular Disease Awareness Month
- 1-7 Know Your Numbers Week
- 10 World Suicide Prevention Day
- 22-28 National Eye Health Week
- 29 World Heart Day



[Health surveillance](#) and [wellbeing assessments](#) help monitor key heart health indicators, supporting early detection and long-term cardiovascular wellness.

## October

- 1-31 Stoptober
- 1-31 Global Diversity Month
- 1-31 Breast Cancer Awareness Month
- 10 World Mental Health Day
- 18 Menopause Awareness Day

## November

- 1-30 Movember
- 1-30 Lung Cancer Awareness Month
- 1-30 COPD Awareness Month
- 14 World Diabetes Day

## December

- 1-31 Decembeard (Bowel Cancer Awareness)
- 1 World AIDS Day
- 2-8 Grief Awareness Week

[Spirometry](#) and [air monitoring](#) are key to supporting lung health by detecting early issues and ensuring a safer work environment.

