



# 2018 Health & Wellbeing Calendar



**1-31 January:** Dry January - [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

**8-14 January:** National Obesity Awareness Week - [www.choosetolivebetter.com](http://www.choosetolivebetter.com)

**1-28 February:** National Heart Month - [www.bhf.org](http://www.bhf.org)

**4 February:** World Cancer Day - [www.becancerawareni.info](http://www.becancerawareni.info)

**27 February- 5 March:** Eating Disorders Awareness Week - [www.b-eat.co.uk](http://www.b-eat.co.uk)

**1-31 March:** Ovarian Cancer Awareness Month and Prostate Cancer Awareness Month - [www.becancerawareni.info](http://www.becancerawareni.info)

**14 March:** No Smoking Day – [www.want2stop.info](http://www.want2stop.info)

**12-18 March:** Brain Awareness Week – [www.dana.org/BAW](http://www.dana.org/BAW)

**26 March:** Epilepsy Awareness Purple Day - [www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)

**1-30 April:** Bowel Cancer Awareness - [www.becancerawareni.info](http://www.becancerawareni.info)

**7 April:** World Health Day - [www.bhf.org.uk/get-involved/in-your-area/northern-ireland](http://www.bhf.org.uk/get-involved/in-your-area/northern-ireland)

**11 April:** Parkinson's Awareness - [www.parkinsons.org.uk/content/northern-ireland](http://www.parkinsons.org.uk/content/northern-ireland)

**13-19 April:** Allergy Awareness Week - [www.allergyni.co.uk](http://www.allergyni.co.uk)

**1-31 May:** National Walking Month - [www.walkni.com](http://www.walkni.com)

**1-31 May:** Action on Stroke Month – [www.nichs.org.uk](http://www.nichs.org.uk)

**9-15 May:** Sun Awareness Week - [www.careinthesun.org](http://www.careinthesun.org)

**14-20 May:** Mental Health Awareness Week - [www.mindingyourhead.info](http://www.mindingyourhead.info)

**14-20 May:** Action for Brain injury - [www.headway.org.uk](http://www.headway.org.uk)

**15-21 May:** National Epilepsy Week - [www.epilepsy.org.uk/campaigns/epilepsy-week](http://www.epilepsy.org.uk/campaigns/epilepsy-week)

**21-27 May:** Dementia Awareness Week - [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**31 May:** World No Tobacco Day - [www.want2stop.info](http://www.want2stop.info)

**11-17 June:** Diabetes Week – [www.diabetes.co.uk](http://www.diabetes.co.uk)





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**11-17 June:** Men's Health Week – [www.mhfi.org](http://www.mhfi.org)

**14 June:** World Blood Donor Day – [www.nibts.org](http://www.nibts.org)

**2-8 July:** Health Information Week - [www.nidirect.gov.uk/information-and-services/health-and-wellbeing](http://www.nidirect.gov.uk/information-and-services/health-and-wellbeing)

**1-7 August:** World Breastfeeding Week - [www.nidirect.gov.uk/articles/breastfeeding](http://www.nidirect.gov.uk/articles/breastfeeding)

**1-30 September:** National Blood Cancer Awareness Month - [www.becancerawareni.info](http://www.becancerawareni.info)

**3-9 September:** Organ Donor Week – [www.organdonationni.info](http://www.organdonationni.info)

**10 September:** World Suicide Prevention Day – [www.mindingyourhead.info](http://www.mindingyourhead.info)

**24-30 September:** Sexual Health Week - [www.sexualhealthni.info](http://www.sexualhealthni.info)

**29 September:** World Heart Day – [www.nichs.org.uk](http://www.nichs.org.uk)

**1-31 October:** Stop Smoking October - [www.want2stop.info](http://www.want2stop.info)

**2-6 October:** Back Care Awareness Week – [www.backcare.org.uk](http://www.backcare.org.uk)

**10 October:** World Mental Health Day - [www.mindingyourhead.info](http://www.mindingyourhead.info)

**20 October:** Wear it Pink Day – Breast Cancer Awareness – [www.becancerawareni.info](http://www.becancerawareni.info)

**1-30 November:** Men's Health Month - [www.mhfi.org](http://www.mhfi.org)

**1-30 November:** Lung Cancer Awareness Month - [www.becancerawareni.info](http://www.becancerawareni.info)

**1 November:** National Stress Awareness Day (NSAD) - [www.mindingyourhead.info](http://www.mindingyourhead.info)

**13-19 November:** Alcohol Awareness Week - [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

**13-17 November:** National Anti Bullying Week - [www.endbullying.org.uk](http://www.endbullying.org.uk)

**20-26 November:** Road Safety Week - [www.roadsafetyweek.org.uk](http://www.roadsafetyweek.org.uk)

**25 November:** White Ribbon Day - [www.whiteribbon.org.uk](http://www.whiteribbon.org.uk)

**1 December:** World AIDS Day - [www.worldaidsday.org](http://www.worldaidsday.org)

**3 December:** International Day of Disabled People - [www.disabilityaction.org](http://www.disabilityaction.org)

