

This month:

- Dry January
- National Obesity Awareness Week
- Blue Monday

JANUARY

SUNDAY	MONDAY	TUESDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
01 NEW YEAR'S DAY	02 NEW YEAR'S DAY (SUBSTITUTE DAY)	03	04	05	06	07
08		10	11	12	13	14
15	16	17	18	19	20	21
22	23 CERVICAL CANCER PREVENTION WEEK	24	25	26	27	28
29	30	31				

FEBUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02 TIME TO TALK DAY	03	04 WORLD CANCER DAY
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05	06	07	08 INTERNATIONAL WOMEN'S DAY	09	10	11
12	13 NEURODIVERSITY CELEBRATION WEEK/ NUTRITION AND HYDRATION WEEK	14	15	16	17 WORLD SLEEP DAY	18
19	20 INTERNATIONAL DAY OF HAPPINESS	21	22	23	24	25
26	27	28	29	30	31 TRANS DAY OF VISIBILITY	

This month:

- Stress Awareness Month
- Bowel Cancer Awareness Month
- World Autism Month
- Maternal Mental Health Awareness Week
- On Your Feet Britain

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
02	03	04	05	06	07 World Health Day Walk to Work Day	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

This month:

- National Walking Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 DEAF AWARENESS WEEK	02	03	04	05	06
07	08	09	10	11	12	13
14	15 MENTAL HEALTH AWARENESS WEEK	16	17	18	19	20
21 WORLD MEDITATION DAY	22	23	24	25	26	27
28	29	30	31			

This month:

- Pride Month
- Careers Week
- Men's Health Week

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 VOLUNTEERS' WEEK	02	03
04	05 WORLD ENVIRONMENT DAY	06	07	08	09	10
11	12 HEALTHY EATING WEEK	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

This month:

• South Asian Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Samaritans Awareness Day	25	26	27	28	29
30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01	02	03 CYCLE TO WORK DAY	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

This month:

- National Fitness Day
- Know Your Numbers Week
- International Week of Happiness At Work
- East and South East Asian Heritage Month

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04	05	06	07	08	09
10 WORLD SUICIDE PREVENTION DAY	11	12	13	14	15	16
17	18	19	20	21 WORLD ALZHEIMER'S DAY	22	23
24	25	26	27	28	29	30

This month:

- Menopause Awareness Month
- Black History Month

- Breast Cancer Awareness Month
- ADHD Awareness Month
- Back Care Awareness Week

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 NATIONAL WORK LIFE WEEK	03	04	05	06 WORLD SMILE DAY	07
08	09	10 WORLD MENTAL HEALTH DAY	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

This month:

- Men's Health Awareness Month
- International Stress Awareness Week
- Talk Money Week

National Health Calendar 2023

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04
05	06	07	08	09	10	11
12	13	14 LIVING WAGE WEEK	15	16	17	18
19	20 TRANS DAY OF REMEMBRANCE	21	22	23	24	25
26	27	28	29	30		

This month:

- International Volunteer Day
- National Grief Awareness Week

National Health Calendar 2023
DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03 International Day of Persons with Disabilities	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18 International Migrants Da	19	20	21	22	23
24	25	26	27	28	29	30
31						