

2025 HEALTH CALENDAR

FEBRUARY 2025 SLEEP AWARENESS

- REDFEB - Heart Disease
- World Cancer Day
4th February 2025
- Healthy Lunchbox Week
4th to 10th February 2025
- Heart Failure Awareness Week
11th to 17th February 2025

MARCH 2025 HEARING AWARENESS

- World's Greatest Shave for Blood Cancer
- The March Charge
Walk or Run for Cancer research
- Hearing Awareness Week 1st to 7th March
- World Hearing Day - 3rd March 2025
- World Obesity day - 4th March 2025
- International Women's day 8th March 2025
- World Sleep Day 15th March 2025

APRIL 2025 PHYSICAL ACTIVITY

- IBS awareness month
- World Health Day
7th April 2025
- Dietitians Week (Dietitians Australia)
8th to 14th April 2025
- World Day for Safety & Health at Work
28th April 2025
- Heart Week
29th April to 5th May 2025

MAY 2025 ADDICTION MONTH

- Thyroid awareness month
- Kidney Health Week
20th to 26th May 2025
- Exercise right week
20th to 26th 2025
- Dont Fry Day (Skin Cancer Prevention)
24th May 2025
- World No Tobacco Day
31st May 2025

JUNE 2025 WOMEN'S HEALTH

- Beard Season for Skin Cancer
- 1st June - 31st August 2025
- Bowel Cancer Awareness Month
- World Bicycle Day 3rd June 2025
- Heart Rhythm week
7th to 13th June 2025
- International Men's Health Week
10th to 16th June 2025
- World Blood Donor Day 14th June 2025

JULY 2025 DRY JULY & CANCER AWARENESS

- Dry July
- National Diabetes Week
14th to 20th July 2025

AUGUST 2025 HEART HEALTH

- Loneliness Awareness Week
5th to 11th August 2025
- National Stroke Week
4th to 10th August 2025

SEPTEMBER 2025 RUOK? DAY

- Prostate Cancer Awareness Month
- Big Heart Appeal - Heart Foundation
1st to 30th September 2025
- Women's Health week
2nd to 6th September 2025
- World Physiotherapy Day
8th September 2025
- RUOK Day 12th September 2025
- World Heart Day 29th September 2025

OCTOBER 2025 SAFE WORK MONTH

- Mental Health Month
- Breast Cancer Awareness Month
- National Safe Work Month
- World Mental Health Day
10th October 2025
- World Osteoporosis Day
20th October 2025

NOVEMBER 2025 MEN'S HEALTH

- Workout 4 Women Challenge
- Lung Cancer Awareness Month
- Movember
1st to 30th of November 2025
- World Diabetes Day
14th November 2025

DECEMBER 2025 SUN SMART

- Decembeard & Decemhair Aus
Bowel Cancer
1st to 31st December 2025

JANUARY 2026 HEALTHY EATING

- National Blood Donor Month
1st to 31 January 2026
- Glaucoma Awareness Month
1st to 31 January 2026