

January	February	March	April	May	June	July	August	September	October	November	December
Dry January	National Heart Month	National Nutrition Month	Stress Awareness Month	National Walking Month	10-16 Men's Health Week	Good Care Month	Psoriasis Awareness Month	Suicide Prevention Month	Breast Cancer Awareness Month	Movember	2-8 National Grief Awareness Week
22-28 Cervical Cancer Awareness Week	1 Time to Talk Day	1-7 Endometriosis Awareness Week	5 Walk to Work Day	12-18 Women's Health Week	10-16 Loneliness Awareness Week	1-7 Alcohol Awareness Week	1 Cycle to Work Day	9-15 UK Savings Week	10 World Mental Health Day	6 National Stress Awareness Day	5 Volunteer Day
27 Parent Mental Health Day	5-11 Children's Mental Health Week	15 World Sleep Day	7 World Health Day	13-19 Mental Health Awareness Week	24-30 World Wellbeing Week	24 Samaritans Awareness Day	18 Never Give Up Day	18 National Fitness Day	18 World Menopause Day	4-9 Talk Money Week	12 Christmas Jumper Day