

## DRY JAN

31 DAYS OF A BETTER YOU

## January

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Dry January 1<sup>st</sup> - 31<sup>st</sup>  
Cervical Cancer Prevention Week 22<sup>nd</sup> - 28<sup>th</sup>

## 4TH FEBRUARY WORLD CANCER DAY

## February

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

World Cancer Day 4<sup>th</sup>  
British Heart Foundation HeartMonth 1<sup>st</sup> - 31<sup>st</sup>

## LOOK AFTER YOUR LUNGS

Lungs are very important organs for the human body. They help us inhale oxygen and to exhale carbon dioxide. Oxygen is important for our survival as it is the main fuel for our body. Make sure you keep your lungs healthy and fit.

## March

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Nutrition and Hydration Week 12<sup>th</sup> - 18<sup>th</sup>  
No Smoking Day 14<sup>th</sup>

## April

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

World Health Day 7<sup>th</sup>  
RoSPA Family Safety Week 23<sup>rd</sup> - 27<sup>th</sup>  
BHF On Your Feet Britain 27<sup>th</sup>  
Stress Awareness Month 1<sup>st</sup> - 30<sup>th</sup>



## May

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sun Awareness Week 14<sup>th</sup> - 20<sup>th</sup>  
Mental Health Awareness Week 14<sup>th</sup> - 20<sup>th</sup>  
CEMEX Health Month 1<sup>st</sup> - 31<sup>st</sup>  
BHF National Walking Day 1<sup>st</sup> - 31<sup>st</sup>

## TAKE CARE OF YOUR SKIN

Skin is the largest human organ and it plays a vital role as your body's first line of defence against physical, chemical and microbiological hazards. Learn and apply good habits to take care of your skin.

## June

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Bike Week 9<sup>th</sup> - 17<sup>th</sup>  
Diabetes Week 9<sup>th</sup> - 17<sup>th</sup>  
Healthy Eating Week 11<sup>th</sup> - 15<sup>th</sup>  
Men's Health Week 11<sup>th</sup> - 17<sup>th</sup>  
Cervical Screening Awareness Week 11<sup>th</sup> - 17<sup>th</sup>  
International Sunglasses Day 27<sup>th</sup>



## PROTECT YOUR EYES & EARS

Our sight and hearing are very important, perhaps the two most valuable senses of the human body. Know the causes of vision and hearing loss. You only have one pair of eyes and ears so take care of them and learn how to protect them.

## July

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

HEALTH ESSENTIAL Campaign - Protect Your Eyes & Ears

## Get Out Get Active

## August

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Plan your summer health campaign  
Get Out - Get Active!

## KEEP YOUR HEART HEALTHY

Cardiovascular diseases, including heart attack and stroke, are the number one killer in the world. Your healthy heart is in your hands. Heart diseases can be avoided if you adopt a healthy life style.

## September

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Vascular Awareness Month 1<sup>st</sup> - 30<sup>th</sup>  
World Suicide Prevention Day 10<sup>th</sup>  
World Car Free Day 22<sup>nd</sup>  
National Fitness Day 26<sup>th</sup>  
World Heart Day 29<sup>th</sup>

## October

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

National Work Life Week 1<sup>st</sup> - 5<sup>th</sup>  
World Mental Health Day 10<sup>th</sup>  
National Cholesterol Month 1<sup>st</sup> - 31<sup>st</sup>  
Breast Cancer Awareness Month 1<sup>st</sup> - 31<sup>st</sup>  
STOCTOBER 1<sup>st</sup> - 31<sup>st</sup>



## November

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

National Stress Awareness Day 7<sup>th</sup>  
World Diabetes Day 14<sup>th</sup>  
Movember Men's Health Awareness Month 1<sup>st</sup> - 30<sup>th</sup>  
Lung Cancer Awareness Month 1<sup>st</sup> - 30<sup>th</sup>

## MOVEMBER

## December

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

HEALTH ESSENTIALS Campaign - Be Aware of Drugs and Alcohol

## BE AWARE OF DRUGS & ALCOHOL

Drugs and alcohol consumption can impair your judgment, eye sight, concentration, balance and endanger you, your workmates and your family. Don't let them ruin your life. Recognise the warning signs and get help for alcohol and drug abuse or addiction.