

"Healthy habits lead to a healthier you, inside and out"

# 2024 CALENDAR

SDG  Level



## 2024

### January

S	M	T	W	T	F	S
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### May

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### September

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### February

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### June

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### October

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### March

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### July

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### November

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### April

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### August

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### December

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### Skin Cancer Awareness Month

- 29 JAN World Leprosy Day
- 30 JAN World Neglected Tropical Diseases Day
- 01 to 31 JAN Cervical Health Awareness Month

# January

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**Happy new year! What better way to start it but with your annual Skin check! Make an appointment with your dermatologist.**

### Healthy Lifestyle Awareness Mont

- 4 FEB World Cancer Day
- 6-10 FEB Pregnancy Awareness Week
- 12-16 FEB STI\Condom Week
- 13 FEB International Epilepsy Day
- 13-17 FEB National Epilepsy Week
- 17 FEB Health Lifestyle Awareness Day

# February

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**In the month of sexual reproduction schedule a check-up with your gyno or urologist to stay on top of your health.**

**REPRODUCTIVE HEALTH MONTH**

### Tuberculosis Awareness Month

- 3 MARCH World Hearing Day and World Birth Defects Day
- 4 MARCH World Obesity Day
- 12-18 MARCH World Glaucoma Week
- 8 MARCH International Women's Day
- 9 MARCH World Kidney Day
- 12 MARCH World Glaucoma Day
- 20 MARCH World Head Injury Awareness Day and World Oral Health Day
- 21 MARCH Human Rights Day and World Down Syndrome Day
- 24 MARCH World Tuberculosis Day

# March

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Ensure a comprehensive health check with your primary care doctor to address general well-being.

### Health Awareness Month

- 2 APRIL World Autism Awareness Day
- 7 APRIL World Health Day
- 11 APRIL World Parkinson's Disease Day
- 14 APRIL World Chagas Disease Day
- 17 APRIL World Haemophilia Day
- 25 APRIL World Malaria Day

# April

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"Don't overlook your eyesight—book an annual eye exam with an optometrist or ophthalmologist."

### Anti-Smoking Campaign Month

- 5 MAY World Hand Hygiene Day
- 6-12 MAY National Burns Awareness Week
- 8 MAY World Red Cross Day
- 10 MAY Global Move for Health Day
- 12 MAY International Awareness Day for Chronic Immunological and Neurological
- 12 MAY International Nurses Day
- 17 MAY World Hypertension Day
- 22 MAY World Preeclampsia Day
- 25 MAY World Thyroid Day
- 29 MAY World Digestive Health Day
- 30 MAY World Multiple Sclerosis Day
- 31 MAY World No Tobacco Day

# May

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Check your heart health annually with a visit to a cardiologist for preventive care.



### National Blood Donor Month

- 1 JUN International Children's Day
- 5 JUN World Environment Day
- 4 JUN National Cancer Survivors Day
- 7 JUN World Food Safety Day
- 11 JUN World Heart Rhythm Week
- 14 JUN World Blood Donor Day
- 15 JUN World Elder Abuse Awareness Day
- 16 JUN Youth Day
- 25 JUN World Vitiligo Day

# June

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Give the gift of life—donate blood and consider subscribing to organ donation.

Your generosity can save lives

**DONATE BLOOD YOUR DONATION CAN SAVE LIVES**

**Mental Illness Awareness Month**  
**Sarcoma or Bone Cancer Awareness Month**

- 01 JULY National Doctors Day
- 22 JULY World Brain Day / International brain day
- 24 JULY International Self-care Day
- 28 JULY World Hepatitis Day / World Liver Day

# July

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**Summertime! Schedule your yearly dental check-up and cleaning for a sparkling smile that lasts all seasons.**

- 1 AUG World Lung Cancer Day
- 1 to 07 AUG World Breastfeeding Week
- 13 AUG World Organ Donation Day

# August

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**"Don't forget to prioritize your health. Schedule that doctor's appointment".**

**Healthy habits lead to a healthier you, inside and out. Enjoy your holidays!**

- 1-7 SEPT National Nutrition Week
- 8 SEPT World Physiotherapy Day
- 10 SEPT World Suicide Prevention Day
- 15 SEPT World Lymphoma Awareness Day
- 16 SEPT Usher Syndrome Awareness Day
- 17 SEPT World Patient Safety Day
- 21 SEPT World Alzheimer's Day
- 25 SEPT World Lung Day
- 26 SEPT World Contraception Day
- 29 SEPT World Heart Day

# September

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Feeling post-holiday blues? Whenever you need a little help, a chat with a psychologist can help put things in perspective. Your mental health is important!

## Breast Cancer Awareness Month

- 6 OCT World Cerebral Palsy Day
- 10 OCT World Mental Health Day
- 12 OCT World Arthritis Day
- 20 OCT World Osteoporosis Day

# October

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Dealing with back pain? Consider seeing a physiotherapist—it could be just what you need.

Pancreatic Cancer Awareness Month  
Lung Cancer Awareness Month  
Stomach Cancer Awareness Month

- 12 NOV World Pneumonia Day
- 14 NOV World Diabetes Day

# November

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Winter is coming. Better to be prepared. Make an appointment with your doctor to get a flu shot.



Constipation Awareness Month

- 1 DEC World AIDS Day
- 3 DEC International Day of Persons with Disabilities / World Disabled Day

# December

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Wrap up the year on a healthy note  
—schedule a general health check-up.

**STAY ACTIVE, STAY HEALTHY!**