



Western Cape  
Government  
**FOR YOU**

Health and Wellness



# YEAR



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**JANUARY**

# JANUARY



MON	TUE	WED	THURS	FRI	SAT	SUN
1 New Years Day	2	3	4	5	6	7
8	9	10	11 Int. Human Trafficking Awareness Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 World Leprosy Day
29	30	31	HUMAN TRAFFICKING AWARENESS MONTH SUNSMART AWARENESS MONTH			



**FEBRUARY**

# FEBRUARY



MON	TUE	WED	THURS	FRI	SAT	SUN
			1 World Read Aloud Day "Literacy/Education"	2 World Wetlands Day	3	4 World Cancer Day
5	6	7 World Read Aloud Day Int. Congenital Heart Disease Awareness Week (7-14)	8	9	10 Pregnancy Education Week (10-18)	11
12	13 Int. Epilepsy Day	14 Teen Suicide Prevention Week (14-21)	15 International Childhood Cancer Day	16	17 National Flip Flop Day	18
19	20	21	22	23	24	25
26	27	28 World Spay Day Int. Rare Disease Day	29	SEXUALLY TRANSMITTED INFECTIONS (STIS)/ CONDOM MONTH PAEDIATRIC SURGE SEASON HEALTHY LIFESTYLE AWARENESS MONTH		





**MARCH**

# MARCH



MON	TUE	WED	THURS	FRI	SAT	SUN
<b>PAEDIATRIC SURGE SEASON MONTH</b> <b>TB AWARENESS MONTH</b> <b>INTELLECTUAL DISABILITY AWARENESS MONTH</b>				<b>1</b> <b>Human Milk Banking Week</b>	<b>2</b>	<b>3</b> <b>World Hearing Day. World Birth Defects Day. World Wildlife Day</b>
<b>4</b> <b>World Obesity Day</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>Caesarean and Vaginal Birth After a C-Section week (9-17)</b>	<b>10</b> <b>World Glaucoma Week (10-16)</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <b>World Kidney Day. Salt Awareness Week (14-20)</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b> <b>World Young People Rheumatic Diseases Day</b>	<b>19</b>	<b>20</b> <b>South African Library Week. World Story Telling Day</b>	<b>21</b> <b>Int. Down Syndrome Awareness Day. Human Rights Day</b>	<b>22</b> <b>World Water Day</b>	<b>23</b> <b>Rheumatoid Arthritis Day</b>	<b>24</b> <b>World Tuberculosis Day</b>
<b>25</b>	<b>26</b> <b>Epilepsy Awareness Day</b>	<b>27</b>	<b>28</b>	<b>29</b> <b>Good Friday</b>	<b>30</b> <b>World Bipolar Awareness Day</b>	<b>31</b>



**APRIL**

# APRIL



MON	TUE	WED	THURS	FRI	SAT	SUN
1 Family Day	2 World Autism Awareness Day	3	4	5	6 World Day for Physical Activity	7 World Health Day
8	9	10	11 World Parkinson's Day	12	13	14
15 Int. Biomedical Laboratory Science Day	16	17 World Haemophilia Day	18	19	20 Immunisation Week (20-29)	21
22 Earth Day World Primary Immunodeficiency Week (22-29)	23 World Book Day	24	25	26 Int. Noise Awareness Day	27 Freedom Day	28
29	30 World Veterinary Day					

# MAY

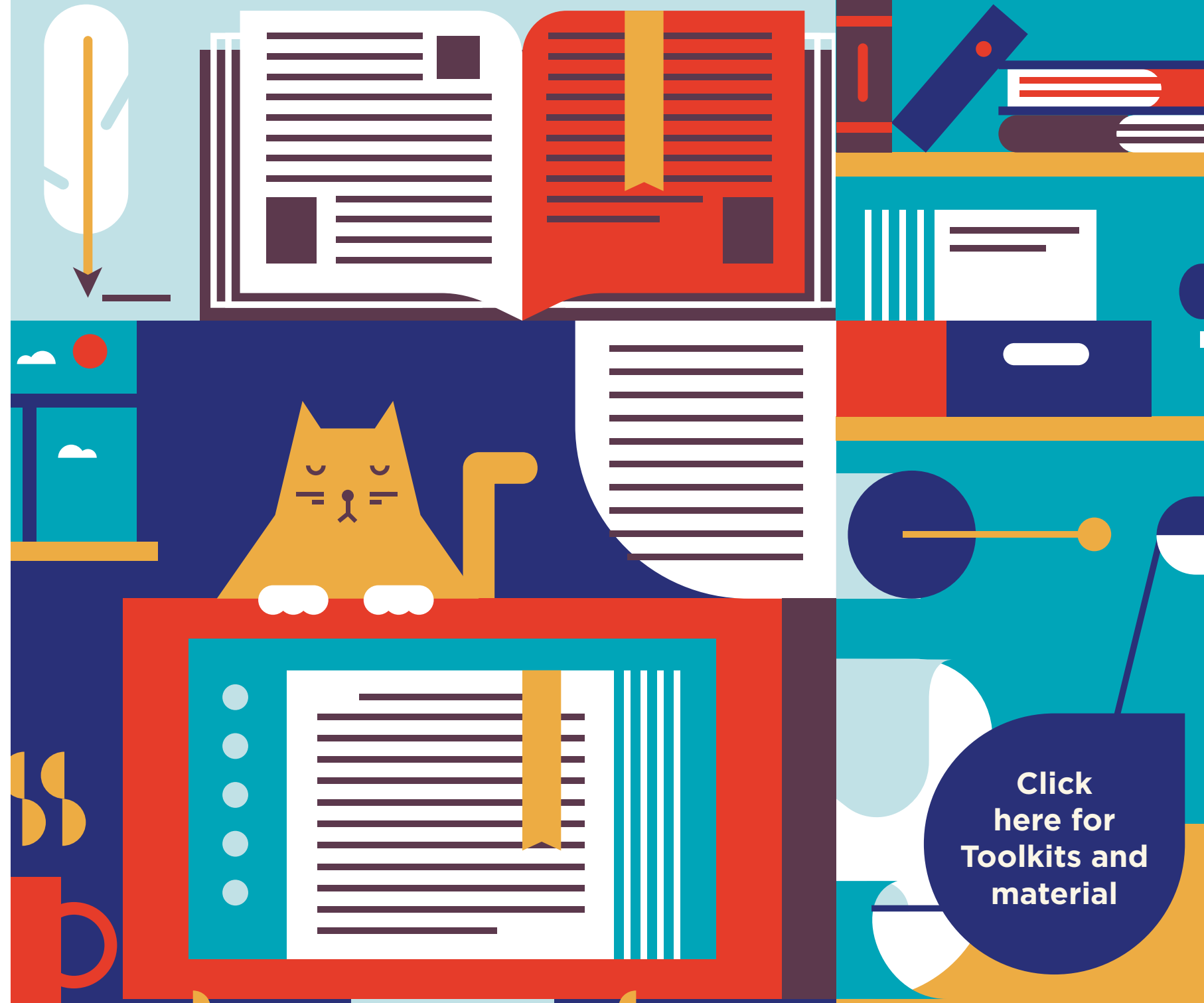


MON	TUE	WED	THURS	FRI	SAT	SUN
ANTI-TOBACCO CAMPAIGN MONTH		1 Workers Day	2	3	4	5 World Pulmonary Hypertension Awareness Day. World Hand Hygiene Day. Hospice Week (5-7)
6	7 World Asthma Day	8	9	10 Lupus Awareness Day. Global Move for Health Day	11	12 International Nurses Day
13 Health Promoting Schools Week (13-17)	14 Int. Kangaroo Mother Care Day. AIDS Candlelight Memorial Day	15 World Hereditary Angioedema Day	16	17 World Hypertension Day	18 International Museum Day. World HIV Vaccine Day.	19
20	21	22 International Day for Biological Diversity	23	24	25 Africa Day	26 SA Bipolar Awareness Day.
27	28 Child Protection Week (28 May - 4 June)	29	30	31 World No-Tobacco Day		



MAY





**JUNE**

# JUNE



MON	TUE	WED	THURS	FRI	SAT	SUN
		NATIONAL BLOOD DONOR MONTH CHILDREN AND YOUTH MONTH			1 Children's Day Skin to skin Week (1-9)	2
3 World Club Foot Day. Dietitians Week (3-7)	4 Cancer Survivors' Day	5 World Environment Day. World Allergy Week (5-11)	6	7	8 World Oceans Day. Global Wellness Day	9
10	11	12	13 International Albinism Day	14 World Blood Donor Day	15 World Elder Abuse Awareness Day	16 Youth Day
17 World Day to Combat Desertification and Drought	18	19 SA National Council on Alcoholism (SANCA) and Drug Dependence Week (19-23)	20	21 National Epilepsy Week (21-27)	22	23
24	25	26 Int. Day Against Drug Abuse and Illicit Trafficking	27	28	29	30



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JULY

# JULY



MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6 World Zoonosis Day. Grandparents and newborns (6-14)	7
8	9	10 Panic Awareness Day. South African Librarians' Day	11 World Population Day	12	13	14
15	16	17	18 Nelson Mandela International Day	19	20	21
22	23	24	25	26	27 Osteo-Arthritis Awareness Day	28
29	30 World Day Against Trafficking in Persons	31	PSYCHOSOCIAL DISABILITY AWARENESS MONTH CLEFT AND CRANIOFACIAL AWARENESS MONTH PLASTIC FREE JULY			





**AUGUST**

# AUGUST



MON	TUE	WED	THURS	FRI	SAT	SUN
	<b>ORGAN DONOR MONTH</b> <b>NATIONAL WOMEN'S MONTH</b> <b>CHILD SAFETY MONTH</b> <b>NATIONAL ORAL HEALTH MONTH</b>		<b>1</b> <b>World Breastfeeding Week (1-7).</b> <b>National Rheumatic Fever &amp; Rheumatic (1-7)</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>National Women's Day</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> <b>Fibromyalgia Day</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> <b>Disability Awareness Sunday</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>African Traditional Medicine Day</b>	



# SEPTEMBER



## SEPTEMBER

MON	TUE	WED	THURS	FRI	SAT	SUN
WORLD ORAL HEALTH MONTH. INTERNATIONAL CHILDHOOD CANCER AWARENESS MONTH. MUSCULAR DYSTROPHY AWARENESS MONTH. HEART AWARENESS MONTH.						1 <b>National            Physiotherapy            Week</b>
2 <b>National Kidney            Awareness            Week            (2-6)</b>	3	4	5	6 <b>Casual Day</b>	7	8 <b>Int.            Physiotherapy            Day. Int.            Literacy Day</b>
9 <b>Int. Fetal            Alcohol            Spectrum            Disorder Day            (FASD)</b>	10 <b>World Suicide            Prevention            Day</b>	11	12	13	14 <b>National Atopic            Eczema Week</b>	15
16 <b>World Ozone            Day            Patient Safety            Day</b>	17	18	19	20	21 <b>World            Alzheimer's            Day</b>	22
23 <b>Int. Day of Sign            Language</b>	24 <b>Heritage Day            Recovery Walk</b>	25 <b>Occupational            Therapy Week            (SA) (25-29)</b>	26 <b>World            Contraception            Day. World            Environmental            Health Day</b>	27 <b>World Rabies            Day</b>	28	29 <b>World Heart            Day</b>
30 <b>Week of Older            Persons week            (30 Sept - 6            Oct)</b>	<b>NATIONAL MONTH OF DEAF PERSONS.            DEMENTIA AWARENESS MONTH.            PHARMACY MONTH.            ARBOR MONTH</b>					



# OCTOBER



MON	TUE	WED	THURS	FRI	SAT	SUN
	<b>1</b> Int. Day of Older Persons. Human Trafficking Awareness Week (1-7)	<b>2</b> World Farm Animals Day. World Habitat Day	<b>3</b> Occupational Therapy Week (3-7)	<b>4</b> Int. Animal Week	<b>5</b>	<b>6</b> National Cerebral Palsy Day Grandparents' Day*
<b>7</b> World Smile Day	<b>8</b>	<b>9</b> National Nutrition Week (9-15)	<b>10</b> Int. Day for Homeless People. World Mental Health Awareness Day. World Sight Day Marine Week (10-14)	<b>11</b> Int. Day of the Girl Child	<b>12</b> Int. Arthritis Awareness Day	<b>13</b> Int. Day for Disaster Risk Reduction. World Hospice Palliative Care Day
<b>14</b>	<b>15</b> Int. White Cane Safety Day. A21 Walk for Freedom Day. Global Handwashing Day Int. Infection Prevention Week (15-21)	<b>16</b> World Restart a Heart Day. World Food Day	<b>17</b> Marine Week (17-22)	<b>18</b> Sudden, unexpected death of someone with epilepsy (SUDEP)	<b>19</b>	<b>20</b> HealthCare Sunday. National Down Syndrome Awareness Day World Osteoporosis Day
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> World Polio Day	<b>25</b> Stroke Awareness Week (25-31)	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> World Stroke Day World Psoriasis Day	<b>30</b>	<b>31</b>	<b>MENTAL HEALTH AWARENESS MONTH] BREAST CANCER AWARENESS MONTH SOCIAL DEVELOPMENT MONTH</b>		

OCTOBER





**NOVEMBER**

# NOVEMBER



MON	TUE	WED	THURS	FRI	SAT	SUN
<b>PROSTATE AND TESTICULAR AWARENESS MONTH. DISABILITY AWARENESS MONTH. DIABETES MONTH. WORLD PULMONARY HYPERTENSION AWARENESS MONTH</b>				<b>1</b> National Children's Day	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Pulmonary Hypertension Awareness Week (7-13)	<b>8</b> World Radiology Day	<b>9</b>	<b>10</b>
<b>11</b> Kangaroo Mother Care Week (11-15)	<b>12</b> World Pneumonia Day	<b>13</b> National Diabetes Week (13-19)	<b>14</b> World Diabetes Day	<b>15</b>	<b>16</b> World Chronic obstructive pulmonary disease (COPD) Day	<b>17</b> World Prematurity Day
<b>18</b> World Antimicrobial awareness week	<b>19</b> Int. Men's Day World Toilet Day	<b>20</b>	<b>21</b>	<b>22</b> Complimentary Therapies Day	<b>23</b>	<b>24</b>
<b>25</b> Kangaroo Mother Care Awareness Week (25-29) 16 days of activism for no violence against women and children	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>



# DECEMBER



DECEMBER

MON	TUE	WED	THURS	FRI	SAT	SUN
						1 World AIDS Day. Emancipation of Slaves
2	3 National Congenital Heart Disease Day. Int. Day for Persons with Disabilities	4	5	6	7	8
9	10 International Human Rights Day	11	12 Universal Health Coverage Day	13	14	15
16 The day of Reconciliation	17	18	19	20	21	22
23	24	25 Christmas Day	26 Day of Goodwil (Boxing Day)	27	28	29
30	31	SKIN CANCER AWARENESS MONTH				