

# 2023 Tasmanian Health & Wellbeing Calendar

UN Decade of Healthy Ageing 2021-2030

## January

04-Jan	World Braille Day	<a href="http://www.brailleworks.com/world-braille-day/">www.brailleworks.com/world-braille-day/</a>
12-Jan	International Youth Day (UN)	<a href="http://www.un.org/youth">www.un.org/youth</a>
29-Jan	World Leprosy Day	<a href="http://www.leprosymission.org.au/">www.leprosymission.org.au/</a>

## February

Feb	Ovarian Cancer Awareness Month	<a href="http://www.ovariancancer.net.au">www.ovariancancer.net.au</a>
04-Feb	World Cancer Day	<a href="http://www.worldcancerday.org/">www.worldcancerday.org/</a>
5-11 Feb	Feed Tube Awareness Week	<a href="http://www.feedingtubeaware.com.au">www.feedingtubeaware.com.au</a>
08-Feb	International Ovarian Cancer Day	<a href="http://www.ovariancancer.net.au">www.ovariancancer.net.au</a>
14-Feb	National Condom Day	<a href="http://www.fpt.asn.au">www.fpt.asn.au</a>
22-Feb	World Encephalitis Day	<a href="http://www.encephalitis.info">www.encephalitis.info</a>

## March

03-Mar	World Hearing Day	<a href="http://www.deafness.org.au/resources/hearing-awareness-week/">www.deafness.org.au/resources/hearing-awareness-week/</a>
05-Mar	Clean up Australia Day	<a href="http://www.cleanupaustraliaday.org.au/">www.cleanupaustraliaday.org.au/</a>
08-Mar	International Women's Day	<a href="http://www.internationalwomensday.com/">www.internationalwomensday.com/</a>
09-Mar	World Kidney Day	<a href="http://www.worldkidneyday.org">www.worldkidneyday.org</a>
13-20 Mar	Coeliac Awareness Week	<a href="http://www.coeliacsociety.com.au">www.coeliacsociety.com.au</a>
17-Mar	World Sleep Day	<a href="http://www.worldsleepday.org/">www.worldsleepday.org/</a>
21-Mar	World Down Syndrome Day	<a href="http://www.worlddownsyndromeday2.org">www.worlddownsyndromeday2.org</a>
21-Mar	Harmony Day	<a href="http://www.harmony.gov.au">www.harmony.gov.au</a>
22-Mar	World Day for Water	<a href="http://www.worldwaterday.org/">www.worldwaterday.org/</a>
24-Mar	World TB Day	<a href="http://www.stoptb.org/events/world_tb_day">www.stoptb.org/events/world_tb_day</a>
26-Mar	Neighbour Day	<a href="http://www.neighbourday.org/">www.neighbourday.org/</a>
26-Mar	Purple Day (Epilepsy)	<a href="http://www.purpleday.org/">www.purpleday.org/</a>

## April

02-Apr	World Autism Awareness Day	<a href="http://www.autismspectrum.org.au/">www.autismspectrum.org.au/</a>
06-Apr	World Physical Activity Day	<a href="http://www.health.gov.au/health-topics/physical-activity-and-exercise/">www.health.gov.au/health-topics/physical-activity-and-exercise/</a>
07-Apr	World Health Day	<a href="http://www.who.int/world-health-day">www.who.int/world-health-day</a>
11-Apr	World Parkinson's Day	<a href="http://www.parkinsons.org.au">www.parkinsons.org.au</a>
16-Apr	World Voice Day	<a href="http://www.worldvoicedayaustralia.com/">www.worldvoicedayaustralia.com/</a>
17-Apr	World Haemophilia Day	<a href="http://www.haemophilia.org.au">www.haemophilia.org.au</a>
18-Apr	World Heritage Day	<a href="http://www.gdrc.org/heritage/world-heritage-day.html">www.gdrc.org/heritage/world-heritage-day.html</a>
22-Apr	Earth Day	<a href="http://www.earthday.org/">www.earthday.org/</a>
23-29 Apr	World Immunisation Week	<a href="http://www.health.tas.gov.au/health-topics/immunisation">www.health.tas.gov.au/health-topics/immunisation</a>
25-Apr	World Malaria Day	<a href="http://www.who.int/campaigns/world-malaria-day">www.who.int/campaigns/world-malaria-day</a>

## May

May	65 Roses Month	<a href="http://www.cff.org">www.cff.org</a>
May	Ehlers-Danlos Awareness Month	<a href="http://www.ehlers-danlos.com/">www.ehlers-danlos.com/</a>
May	Miracle Month of May	<a href="http://www.miraclebabies.org.au">www.miraclebabies.org.au</a>
May	National Crohns & Colitis Month	<a href="http://www.crohnsandcolitis.com.au/">www.crohnsandcolitis.com.au/</a>
1-7 May	Tourette Syndrome Awareness Week	<a href="http://www.tourette.org.au/">www.tourette.org.au/</a>
02-May	World Asthma Day	<a href="http://www.asthma.org.au">www.asthma.org.au</a>
05-May	International Midwives Day	<a href="http://www.internationalmidwives.org">www.internationalmidwives.org</a>
05-May	World Hand Hygiene Day	<a href="http://www.who.int/teams/integrated-health-services/infection-prevention-control/hand-hygiene">www.who.int/teams/integrated-health-services/infection-prevention-control/hand-hygiene</a>
10-May	World Lupus Day	<a href="http://www.lupustasmania.org.au">www.lupustasmania.org.au</a>
12-May	International Nurses Day	<a href="http://www.icn.ch/what-we-do/campaigns/international-nurses-day">www.icn.ch/what-we-do/campaigns/international-nurses-day</a>
12-May	International ME/CFS Awareness Day	<a href="http://www.may12th.org/">www.may12th.org/</a>
15-21 May	National Families Week	<a href="http://www.nfw.org.au/">www.nfw.org.au/</a>
16-May	Hae Day (hereditary angioedema)	<a href="http://www.haeaustralasia.org.au">www.haeaustralasia.org.au</a>
17-May	Int Day Against Homophobia, Trans & Biphobia	<a href="http://www.homophobiaday.org/">www.homophobiaday.org/</a>
19-May	World IBD Day	<a href="http://www.crohnsandcolitis.com.au">www.crohnsandcolitis.com.au</a>
19-25 May	National Palliative Care Week	<a href="http://www.palliativecare.org.au">www.palliativecare.org.au</a>
25-May	World Thyroid Day	<a href="http://www.thyroidfoundation.org.au">www.thyroidfoundation.org.au</a>
26-May	National Sorry Day	<a href="http://www.reconciliation.org.au/">www.reconciliation.org.au/</a>
27 May – 3 Jun	National Reconciliation Week	<a href="http://www.reconciliation.org.au/">www.reconciliation.org.au/</a>
29-May	White Wreath Day	<a href="http://www.whitewreath.org.au">www.whitewreath.org.au</a>
30-May	World MS Day	<a href="http://www.msaustralia.org.au">www.msaustralia.org.au</a>
31-May	World No Tobacco Day	<a href="http://www.quititas.org.au/world-no-tobacco-day">www.quititas.org.au/world-no-tobacco-day</a>

## June

Jun	Bowel Cancer Awareness Month	<a href="http://www.bowelcanceraustralia.org/">www.bowelcanceraustralia.org/</a>
Jun	June is Tinnitus Awareness Month	<a href="http://www.tinnitusaustralia.org.au/">www.tinnitusaustralia.org.au/</a>
05-Jun	World Environment Day (UN)	<a href="http://www.unep.org/">www.unep.org/</a>
12-18 Jun	National Stomal Therapy Week	<a href="http://www.stomaltherapy.com/">www.stomaltherapy.com/</a>
14-Jun	World Blood Donor Day	<a href="http://www.donateblood.com.au">www.donateblood.com.au</a>
15-Jun	World Elder Awareness Day	<a href="http://www.elderabuseawarenessday.org.au/">www.elderabuseawarenessday.org.au/</a>
18-24 Jun	Refugee Week	<a href="http://www.refugeeweek.org.au/">www.refugeeweek.org.au/</a>
19-25 Jun	World Continence Awareness Week	<a href="http://www.continence.org.au">www.continence.org.au</a>
20-Jun	World Refugee Day (UN)	<a href="http://www.unrefugees.org.au/">www.unrefugees.org.au/</a>
21-Jun	MND Global Day	<a href="http://www.mnd.asn.au/get-involved/raise-awareness/global-mnd-day">www.mnd.asn.au/get-involved/raise-awareness/global-mnd-day</a>
21-Jun	Red Apple Day	<a href="http://www.bowelcanceraustralia.org/red-apple-day">www.bowelcanceraustralia.org/red-apple-day</a>
29-Jun	World Scleroderma Day	<a href="http://www.sclerodermaaustralia.com.au/">www.sclerodermaaustralia.com.au/</a>

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## July

Jul	julEYE Awareness Month	<a href="http://www.vision2020australia.org.au/">www.vision2020australia.org.au/</a>
02-Jul	Corpus Callosum Awareness Day	<a href="http://www.ausdooc.org.au">www.ausdooc.org.au</a>
08-Jul	International Paramedics Day	<a href="http://www.internationalparamedicsday.com/">www.internationalparamedicsday.com/</a>
11-Jul	World Population Day	<a href="http://www.unfpa.org">www.unfpa.org</a>
22-Jul	FragileX Awareness Day*	<a href="http://www.fragilex.org.au">www.fragilex.org.au</a>
23-Jul	International #Hellomynameis day	<a href="http://www.hellomynameis.org.uk/">www.hellomynameis.org.uk/</a>
28-Jul	Schools Tree Day	<a href="http://www.treeday.planetark.org/">www.treeday.planetark.org/</a>
28-Jul	World Hepatitis Day	<a href="http://www.hepatitisaustralia.com">www.hepatitisaustralia.com</a>
30-Jul – 5-Aug	Donate Life Week	<a href="http://www.donatelife.gov.au">www.donatelife.gov.au</a>
30-Jul	National Tree Day	<a href="http://www.treeday.planetark.org">www.treeday.planetark.org</a>
30-Jul - 5-Aug	National Missing Persons Week	<a href="http://www.missingpersons.gov.au/">www.missingpersons.gov.au/</a>

## August

1-7 Aug	World Breastfeeding Week	<a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a>
04-Aug	Jeans for Genes Day	<a href="http://www.jeansforgenes.org.au">www.jeansforgenes.org.au</a>
06-Aug	National Tree Day	<a href="http://www.treeday.planetark.org/">www.treeday.planetark.org/</a>
7-13 Aug	Dental Health Week	<a href="http://www.ada.org.au/Dental-Health-Week">www.ada.org.au/Dental-Health-Week</a>
08-Aug	National EOS Awareness Week	<a href="http://www.eosaware.com">www.eosaware.com</a>
08-Aug	Dying to Know Day	<a href="http://www.thegroundswellproject.com/">www.thegroundswellproject.com/</a>
09-Aug	Day of World's Indigenous Peoples	<a href="http://www.un.org/en/events/indigenousday/">www.un.org/en/events/indigenousday/</a>
31-Aug	International Overdose Awareness Day	<a href="http://www.overdoseday.com">www.overdoseday.com</a>

## September

Sep	Prostate Cancer Awareness Month	<a href="http://www.pcfa.org.au">www.pcfa.org.au</a>
1-7 Sep	National Asthma Week	<a href="http://www.asthma.org.au">www.asthma.org.au</a>
1-8 Sep	Adult Learners Week	<a href="http://www.adultlearnersweek.org">www.adultlearnersweek.org</a>
3-9 Sep	National Child Protection Week	<a href="http://www.napcan.org.au">www.napcan.org.au</a>
08-Sep	International Literacy Day	<a href="http://www.26ten.tas.gov.au">www.26ten.tas.gov.au</a>
10-Sep	International Gynaecological Awareness Day	<a href="http://www.gain.org.au/">www.gain.org.au/</a>
10-Sep	World Suicide Prevention Day	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
15-Sep	Worldwide Lymphoma Day	<a href="http://www.leukaemia.org.au/">www.leukaemia.org.au/</a>
21-Sep	World Alzheimer's Day	<a href="http://www.dementia.org.au/">www.dementia.org.au/</a>
23-Sep	International Day of Sign Languages	<a href="http://www.deafaustralia.org.au">www.deafaustralia.org.au</a>
29-Sep	World Heart Day	<a href="http://www.heartfoundation.com.au">www.heartfoundation.com.au</a>

## October

Oct	Work Safe Tasmania Month	<a href="http://www.worksafe.tas.gov.au/">www.worksafe.tas.gov.au/</a>
Oct	Breast Cancer Awareness Month	<a href="http://www.nationalbreastcancer.org/">www.nationalbreastcancer.org/</a>
01-Oct	International Day of Older Persons	<a href="http://www.cotatas.org.au">www.cotatas.org.au</a>
06-Oct	World Cerebral Palsy Day	<a href="http://www.worldcpday.org/">www.worldcpday.org/</a>
10-Oct	World Mental Health Day	<a href="http://www.1010.org.au">www.1010.org.au</a>
12-Oct	World Sight day	<a href="http://www.worldsightday.org.au/">www.worldsightday.org.au/</a>
12-Oct	World Arthritis Day	<a href="http://www.arthritistas.org.au/">www.arthritistas.org.au/</a>
13-Oct	National Hat Day	<a href="http://www.hatday.com.au/">www.hatday.com.au/</a>
15-Oct	Pregnancy and Infant Loss Remembrance	<a href="http://www.sands.org.au">www.sands.org.au</a>
16-Oct	World Food Day	<a href="http://www.foodbank.org.au/">www.foodbank.org.au/</a>
16-22 Oct	International Infection Prevention Week	<a href="http://www.handsoninfectioncontrol.com.au/">www.handsoninfectioncontrol.com.au/</a>
16-22 Oct	National Carers Week	<a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a>
18-Oct	International Pronouns Day	<a href="http://www.pronounsday.org/">www.pronounsday.org/</a>
20-Oct	World Osteoporosis Day	<a href="http://www.worldosteoporosisday.org/">www.worldosteoporosisday.org/</a>
18-Oct	Children's Week	<a href="http://www.playgrouptas.org.au/">www.playgrouptas.org.au/</a>

## November

Nov	November NICU Awareness Month	<a href="http://www.miraclebabies.org.au">www.miraclebabies.org.au</a>
09-Nov	Genetic counsellor awareness day	<a href="http://www.hgsa.org.au">www.hgsa.org.au</a>
12-Nov	World Pneumonia Day	<a href="http://www.stoppneumonia.org/latest/world-pneumonia-day/">www.stoppneumonia.org/latest/world-pneumonia-day/</a>
14-Nov	World Diabetes Day	<a href="http://www.diabetestas.org.au">www.diabetestas.org.au</a>
17-Nov	World Prematurity Day	<a href="http://www.miraclebabies.org.au/families/events">www.miraclebabies.org.au/families/events</a>
19-Nov	International Men's Day	<a href="http://www.internationalmensday.info/">www.internationalmensday.info/</a>
20-Nov	Universal Children's Day	<a href="http://www.un.org/en/observances/world-childrens-day">www.un.org/en/observances/world-childrens-day</a>
25-Nov	White Ribbon Day	<a href="http://www.whiteribbon.org.au">www.whiteribbon.org.au</a>

## December

01-Dec	World AIDS Day	<a href="http://www.worldaidsday.org.au">www.worldaidsday.org.au</a>
02-Dec	International Day for Abolition of Slavery	<a href="http://www.un.org/en/events/slaveryabolitionday/">www.un.org/en/events/slaveryabolitionday/</a>
03-Dec	International Day of People with Disability	<a href="http://www.idpwd.com.au">www.idpwd.com.au</a>
05-Dec	International Volunteers Day	<a href="http://www.volunteeringaustralia.org">www.volunteeringaustralia.org</a>
10-Dec	Human Rights Day	<a href="http://www.un.org/en/events/humanrightsday/">www.un.org/en/events/humanrightsday/</a>
18-Dec	International Migrants Day (UN)	<a href="http://www.un.org/en/events/migrantsday/">www.un.org/en/events/migrantsday/</a>

Developed by Public Health Services, November 2022. Please provide feedback at [healthpromotionframework@health.tas.gov.au](mailto:healthpromotionframework@health.tas.gov.au)

This Calendar is a Working in Health Promoting Ways resource.

Find out more about Working in Health Promoting Ways at [www.health.tas.gov.au/professionals/working-health-promoting-ways](http://www.health.tas.gov.au/professionals/working-health-promoting-ways). Dates may have changes since publication, please refer directly to each website for up to date information.