

National Health Awareness Dates 2016

- January Love your Liver
- January 18th Blue Monday
- January 24-29th National breakfast week
- February 5th World cancer day
- February 29-4th National Salt awareness week
- March Ovarian cancer awareness month
- March Prostate cancer awareness month
- March 8th International Womens Day
- March 14-18th Nutrition and Hydration week
- March 20th International Happiness Day
- April Bowel Cancer Awareness Month
- April 7th World Health Day
- April 18th Male Cancer Awareness
- May 1-31st National Walking Month
- May 9th Sun Awareness Week
- May 16-20th Mental Health Awareness Week
- May 16-20th Learning at work week
- May 17th National Hypertension Day



National Health Awareness Dates 2016

- May 17th National Hypertension Day
- May 29th World Digestive Health Day
- May 31st World No Tobacco Day
- June 6-10th World Diabetes week
- June 21st World music day
- July 31st World dance day
- September 5-9th Migraine awareness week
- September 14th Know your numbers Blood Pressure Awareness
- October Breast Cancer awareness month
- October National Cholesterol month
- October 2nd World Smile day
- October 6th Biopolar awareness day
- October 10th World Mental Health Day
- November Movember Men's Health Awareness Month
- November 4th National Stress Awareness Day (NSAD)
- November 19-23rd Alcohol Awareness Day
- December 1-6th Anger Awareness Day

