




2026 Health & Wellbeing Events Calendar

February	
All Feb	<u>FebFast</u>
All Feb	<u>REDFEB Heart Research Month</u>
10 Feb	<u>Safer Internet Day</u> 
15-20 Feb	<u>Random Acts of Kindness Week</u> 
15 Feb	<u>International Childhood Cancer Awareness Day</u>
24 Feb	<u>National Family Drug Support Day</u> 

March	
All March	<u>The March Charge - Cancer Research</u>
All March	<u>World's Greatest Shave</u>
1 March	<u>Lions Awareness Day</u> 
1 March	<u>Clean Up Australia Day</u> 
3 March	<u>World Hearing Day</u>
8 March	<u>International Women's Day</u>
10-16 March	<u>World Glaucoma Week</u>






If our logo is next to an event we have resources related to this topic via alwf.org.au or our health & wellbeing hub tuneinnotout.com



March

9-15 March	<u>Brain Awareness Week</u>	
13-20 March	<u>Coeliac Awareness Week</u>	
12 March	<u>World Kidney Day</u>	
16-20 March	<u>Neurodiversity Celebration Week</u>	
17-23 March	<u>Harmony Week</u>	
20 March	<u>International Day of Happiness</u>	
21 March	<u>Close The Gap Day</u>	
26 March	<u>Purple Day - International Epilepsy Day</u>	
30 March	<u>World Bipolar Day</u>	
31 March	<u>International Transgender Day of Visibility</u>	

April

All April	<u>Autism Acceptance Month</u>	
7 April	<u>World Health Day</u>	
11 April	<u>World Parkinson's Day</u>	
Various dates per state	Youth Week	
24 April	<u>International Guide Dog Day</u>	

May

All May	<u>Thyroid Awareness Month</u>	
All May	<u>Cystic Fibrosis Awareness Month</u>	
All May	<u>Australia's Biggest Morning Tea</u>	
All May	<u>Mindful in May</u>	
4-10 May	<u>Heart Week</u>	
10 May	<u>World Lupus Day</u>	
11 - 17 May	<u>Mental Health Awareness Week</u>	
11-17 May	<u>National Families Week</u>	
17 May	<u>IDAHOBIT</u>	
18-24 May	<u>National Volunteers Week</u>	
24 May	<u>World Schizophrenia Awareness Day</u>	
26 May	National Sorry Day	
24 May -30 May	<u>Food Allergy Awareness Week</u>	






June

All June	<u>Bowel Cancer</u>	
2 June	<u>World Eating Disorder Action Day</u>	
8-14 June	<u>World Men's Health Week</u>	
14 June	<u>World Blood Donor Day</u>	
15 June	<u>World Elder Abuse Awareness Day</u>	
14-20 June	<u>National Refugee Week</u>	
27 June -3 July	<u>World Allergy Week</u>	







July

All July	<u>Dry July</u>	
5-12 July	<u>NAIDOC Week</u>	
12-18 July	<u>National Diabetes Week</u>	
24 July	<u>International Self Care Day</u>	
26-31 July	<u>National Pain Week</u>	
28 July	<u>World Hepatitis Day</u>	
26 July - 2 Aug	<u>Donate Life Week</u>	

August

TBC	<u>National Stroke Week</u>	
10-14 Aug	<u>Bullying No Way: National Week of Action</u>	
12 Aug	<u>International Youth Day</u>	
17-23 Aug	<u>Brain Injury Awareness Week</u>	
26 Aug	<u>National Meals on Wheels Day</u>	
28 Aug	<u>Wear It Purple Day</u>	

September

All Sept	<u>Prostate Cancer Awareness Month</u>	
All Sept	<u>No FASD Month</u>	
1-9 Sept	<u>Headache and Migraine Week</u>	
7-13 Sept	<u>Body Image and Eating Disorder Awareness Week</u>	
7-11 Sept	<u>Women's Health Week</u>	
10 Sept	<u>World Suicide Prevention Day</u>	
7-13 Sept	Sexual Health Week	
12 Sept	<u>World Mindfulness Day</u>	
10 Sept	<u>R U OK? Day</u>	
14-20 Sept	<u>Dementia Action Week</u>	

October

All Oct	Mental Health Awareness Month	
All October	<u>Australian Lions Wellbeing Foundation's Roar for Wellbeing Month</u>	
All Oct	<u>Breast Cancer Awareness Month</u>	
1 Oct	<u>International Day of the Older Person</u>	
5-11 Oct	Active Aging Week	
10 Oct	<u>World Mental Health Day</u>	
12 Oct	<u>World Arthritis Day</u>	
12 - 18 Oct	<u>National Carer's Week</u>	
30 Oct	<u>Day for Daniel</u>	

November

All Nov	<u>November - Men's Health</u>	
13 Nov	<u>World Kindness Day</u>	
17 Nov	<u>White Ribbon Day</u>	
21-29 Nov	<u>Social Inclusion Week</u>	
19 Nov	<u>International Men's Day</u>	
19-25 Nov	<u>Skin Cancer Action Week</u>	
25 Nov	<u>Int. Day for Elimination of Violence Against Women</u>	

December		
1 Dec	<u>World AIDS Day</u>	
3 Dec	<u>International Day of People With a Disability</u>	
5 Dec	<u>International Volunteer Day</u>	

Be sure to download our 2027 calendar next year



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