

2025 Tasmanian Health and Wellbeing Calendar

January

04-Jan	World Braille Day www.brailleworks.com/world-braille-day
12-Jan	International Youth Day (UN) www.un.org/youth
26-Jan	World Leprosy Day www.leprosymission.org.au

February

Feb	Ovarian Cancer Awareness Month www.ovariancancer.net.au
04-Feb	World Cancer Day www.worldcancerday.org/about-us
14-Feb	National Condom Day www.fpt.asn.au
22-Feb	World Encephalitis Day www.encephalitis.info/pages/category/wed2018

March

March	National Families week www.nfw.org.au
March	Endometriosis Awareness month (March) www.endometriosisaustralia.org/events/endo-enlightened
01-Mar	Zero Discrimination Day www.unaids.org/en/zero-discrimination-day
01-Mar	International Wheelchair Day www.internationalwheelchairday.wordpress.com
02-Mar	Clean up Australia Day www.cleanupaustraliaday.org.au
03-Mar	World Hearing Day www.deafness.org.au
08-Mar	International Women's Day www.internationalwomensday.com
13-Mar	World Kidney Day www.worldkidneyday.org
13-20 Mar	Coeliac Awareness Week www.coeliacsociety.com.au
20-Mar	Close the Gap Day www.closesthegap.org.au/close-the-gap-day
21-Mar	World Down Syndrome Day www.worlddownsyndromeday.org
21-Mar	Harmony Day www.harmony.gov.au
22-Mar	World Day for Water www.worldwaterday.org
24-Mar	World TB Day www.stoptb.org/events/world_tb_day
26-Mar	Purple Day (Epilepsy) www.purpleday.org
30-Mar	Neighbour Day www.neighbourday.org
31-Mar	Transgender Day of Visibility www.tdov.org.au

April

02-Apr	World Autism Awareness Day www.autismspectrum.org.au
06-Apr	World Physical Activity Day https://ispah.org
07-Apr	World Health Day www.who.int/world-health-day
11-Apr	World Parkinson's Day www.parkinsons.org.au
17-Apr	World Haemophilia Day www.haemophilia.org.au
24-30 Apr	World Immunisation Week www.health.tas.gov.au/health-topics/immunisation
25-Apr	World Malaria Day www.who.int/campaigns/world-malaria-day

May

May	65 Roses Month www.cysticfibrosis.org.au
May	Miracle Month of May www.miraclebabies.org.au
May	National Crohns & Colitis Month www.crohnsandcolitis.com.au
04-May	International Family Equality Day www.internationalfamilyequalityday.org
05-May	World Hand Hygiene Day www.who.int/gpsc/5may/en
06-May	World Asthma Day www.asthma.org.au
08-May	World Ovarian Cancer Day www.ovariancancer.net.au
10-May	World Lupus Day www.lupustasmania.org.au
12-May	International ME/CFS Awareness Day www.may12th.org
15-May	Global Accessibility Awareness Day www.accessibility.day
15-21 May	National Families Week www.nfw.org.au
16-May	Hae Day (hereditary angioedema) www.haeaaustralasia.org.au
17-May	Int Day Against Homophobia, Trans & Biphobia www.idahobit.org.au
19-May	World IBD Day www.crohnsandcolitis.com.au/world-ibd-day/
19-25 May	National Palliative Care Week www.palliativecare.org.au
21 May	International Day for the Elimination of Racial Discrimination www.itstopswithme.humanrights.gov.au
25-May	World Thyroid Day www.thyroidfoundation.org.au
26-May	National Sorry Day www.reconciliation.org.au
27 May-3 Jun	National Reconciliation Week www.reconciliation.org.au
29-May	White Wreath Day www.whitewreath.org.au
30-May	World MS Day www.msaustralia.org.au
31-May	World No Tobacco Day www.quititas.org.au

June

Jun	Tinnitus Awareness Month www.tinnitusaustralia.org.au
01-Jun	Bowel Cancer Awareness Month www.bowelcanceraustralia.org
01-07 Jun	World Haemochromatosis Week www.ha.org.au
01-06 Jun	Tourette Syndrome Awareness Week www.tourette.org.au
05-Jun	World Environment Day (UN) www.unep.org
09-15 Jun	National Stomal Therapy Week www.stomalththerapy.com
14-Jun	World Blood Donor Day www.donateblood.com.au
15-Jun	World Elder Awareness Day www.elderabuseawarenessday.org.au
15-21 Jun	Refugee Week www.refugeeweek.org.au
18-Jun	Red Apple Day www.bowelcanceraustralia.org/red-apple-day
20-Jun	World Refugee Day (UN) www.unrefugees.org.au
21-Jun	MND Global Day www.mndaustralia.org.au
23-29 Jun	World Continence Awareness Week www.continence.org.au
29-Jun	World Scleroderma Day www.sclerodermaaustralia.com.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.

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July

Jul	julEYE Awareness Month www.vision2020australia.org.au
02-Jul	Corpus Callosum Awareness Day www.ausdocc.org.au
06-13 Jul	NAIDOC Week www.naidoc.org.au
22-Jul	FragileX Awareness Day www.fragilex.org.au
23-Jul	International #Hellomynameis day www.hellomynameis.org.uk
27 Jul - 3 Aug	Donate Life Week www.donatelife.gov.au
28-Jul	World Hepatitis Day www.hepatitisaustralia.com

August

01-07 Aug	World Breastfeeding Week www.breastfeeding.asn.au
03-Aug	National Tree Day www.treeday.planetark.org
3-9 August	National Eosinophilic Week www.eosaware.com
04-Aug	Dental Health Week www.ada.org.au
04-10 Aug	Loneliness awareness week www.lonelinessawarenessweek.com.au
08-Aug	Dying to Know Day www.thegroundswellproject.com
09-Aug	Day of World's Indigenous Peoples www.un.org/en/events/indigenouday/
29-Aug	Wear it Purple day for rainbow young people www.wearitpurple.org
31-Aug	International Overdose Awareness Day www.overdoseday.com

September

Sep	Prostate Cancer Awareness Month www.pcfa.org.au
01-07 Sep	Body Image and Eating Disorders Awareness Week www.butterfly.org.au/get-involved/campaigns/biedaw/
01-07 Sep	National Asthma Week www.nationalasthma.org.au
01-08 Sep	Adult Learners Week www.adultlearnersweek.org
07-14 Sep	National Child Protection Week www.napcan.org.au
08-Sep	International Literacy Day www.26ten.tas.gov.au
10-Sep	International Gynaecological Awareness Day www.gain.org.au
10-Sep	World Suicide Prevention Day www.lifeline.org.au
13-Sep	World Sepsis Day www.worldsepsisday.org
15-Sep	Worldwide Lymphoma Day www.leukaemia.org.au
19-Sep	World Sleep day www.worldsleepday.org
21-Sep	World Alzheimer's Day www.dementia.org.au
21-28 Sep	Kids in Pain www.chronicpainaustralia.org.au/kids-in-pain
23-Sep	International Day of Sign Languages www.deafaustralia.org.au
29-Sep	World Heart Day www.heartfoundation.com.au

October

Oct	SHOCTOBER Defibrillator Month www.heartofthenation.com.au/shocktober
Oct	Work Safe Tasmania Month www.worksafe.tas.gov.au
Oct	Breast Cancer Awareness Month www.health.tas.gov.au/health-topics/cancer-screening/breast-screening/breastscreen-tasmania
01-Oct	International Day of Older Persons www.cotatas.org.au
06-Oct	World Cerebral Palsy Day www.worldcpday.org
09-Oct	World Sight Day www.vision2020australia.org.au
10-Oct	World Mental Health Day www.worldmentalhealthday.com.au
12-Oct	World Arthritis Day www.arthritistas.org.au
12-18 Oct	International Infection Prevention Week www.handsoninfectioncontrol.com.au
12-Oct	National Carers Day www.carersaustralia.com.au
12-19 Oct	National Carers Week www.carersaustralia.com.au
15-Oct	Pregnancy and Infant Loss Remembrance www.bearsofhope.org.au
15-Oct	International Pronouns Day www.transhub.org.au/101/pronouns
16-Oct	World Food Day www.foodbank.org.au
20-Oct	World Osteoporosis Day www.worldosteoporosisday.org
18-26 Oct	Children's Week www.childrens-week.org.au
26-Oct	Intersex Awareness Day www.ihra.org.au

November

Nov	November NICU Awareness Month www.miraclebabies.org.au
12-Nov	World Pneumonia Day www.stoppneumonia.org
14-Nov	World Diabetes Day www.diabetestas.org.au
16-Nov	International Day for Tolerance www.unesco.org/en/days/tolerance
17-Nov	World Prematurity Day www.miraclebabies.org.au
18-24 Nov	Antimicrobial Awareness Week www.safetyandquality.gov.au/our-work/antimicrobial-stewardship/antimicrobial-awareness-week
19-Nov	International Men's Day www.internationalmensday.info
20-Nov	Universal Children's Day www.un.org/en/observances/world-childrens-day
25-Nov	White Ribbon Day www.whiteribbon.org.au

December

01-Dec	World AIDS Day www.worldaidsday.org.au
03-Dec	International Day of People with Disability www.idpwd.com.au
05-Dec	International Volunteers Day www.volunteeringaustralia.org
10-Dec	Human Rights Day www.un.org/en/events/humanrightsday
18-Dec	International Migrants Day (UN) www.mrctas.org.au

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Dates may have changed since publication, please refer directly to each website for up-to-date information

Please provide feedback at healthpromotionframework@health.tas.gov.au