medicash health @work

2027

ESSENTIAL WELLBEING CALENDAR

JANUARY

1–31	Dry January
1–31	Veganuary
3	Festival of Sleep Day
18	Brew Monday
18–24	Cervical Cancer Prevention Week
30	Parent Mental Health Day

FEBRUARY

1–7	Children's Mental Health Week
4	World Cancer Day
14	Valentine's Day
22–28	Eating Disorders Awareness Week
25	Time to Talk Day
28	Rare Disease Day



MARCH

1–31	Endometriosis Awareness Month
1–31	Ovarian Cancer Awareness Month
5	National Employee Appreciation Day
8	International Women's Day
15–19	Neurodiversity Celebration Week
19	World Sleep Day

APRIL

1–30	Stress Awareness Month
2	Walk to Work Day
2	World Autism Day
7	World Health Day
22	Earth Day
28	World Day for Safety and Health at Work



MAY

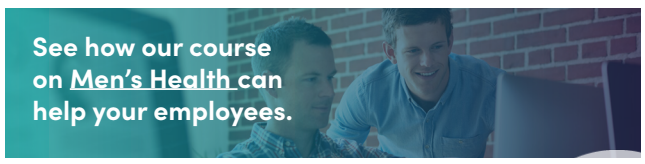
1–31	Skin Cancer Awareness Month
5	World Hand Hygiene Day
5	World Maternal Mental Health Day



5–11	Deaf Awareness Week
10–16	Mental Health Awareness Week

JUNE

1–30	Pride Month
5	World Environment Day
7–13	National Carers Week
14–20	Men's Health Week
14–20	Bike Week
27	National PTSD Awareness Day



HW1142/NOV26

Explore the FREE Wellbeing Calendar today!
Scan the QR code to view the full year's health and wellbeing dates and start planning your workplace wellbeing initiatives.