



HEALTH AWARENESS CALENDAR 2019



HEALTH AWARENESS CALENDAR 2019

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Health Awareness Days:

4 World Braille Day

27 World Leprosy Day

Public Holidays

1 New Year's Day

May every day of the new year
glow with good cheer & happiness for you.

All The Best for 2019



February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

www.cansa.org.za



Health Awareness Days:

Healthy Lifestyles Awareness Month

4 World Cancer Day

11 – 15 STI / Condom week

11 International Epilepsy Day

10 – 16 Pregnancy Awareness Week

22 National Healthy Lifestyles Day



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HEALTH AWARENESS CALENDAR 2019

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						www.santa.org.za

Health Awareness Days:

TB Awareness Month

8 International Women's Day

14 World Kidney Day

10 – 16 World Glaucoma Week

21 World Down Syndrome Day

24 World TB Day

Public Holidays

21 Human Rights Day



www.sahrc.org.za



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April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



Health Awareness Days:

Health Awareness Month

2 World Autism Awareness Day

7 World Health Day

25 World Malaria Day

28 World Day for Safety and Health @ Work

Public Holidays

19 Good Friday

21 Easter Sunday

22 Family Day

27 Freedom Day



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May 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Health Awareness Days:

Skin Cancer Awareness Month

- 12 International Nurses Day
- 17 World Hypertension Day
- 20 - 26 National Epilepsy Week
- 31 World No Tobacco Day

Public Holidays

- 1 Workers Day


Other Days:

- 12 Mother's Day




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June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Health Awareness Days:

Men's Health Month

- 5 World Environment Day
- 14 World Blood Donor Day
- 21 International Day of Yoga
- 21 National Epilepsy Day
- 24 – 30 SANCA Drug Awareness Week

Public Holidays

16 Youth Day

17 Public Holiday

Other Days:

16 Father's Day



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July 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	www.safmh.org.za		

Health Awareness Days:

Mental Illness Awareness Month

1 – 6 Corporate Wellness Week

18 Nelson Mandela Day (International)

28 World Hepatitis Day

Public Holidays



Mental Health Watch
Reporting System for Human Rights Violations

EMAIL  humanrights@safmh.org

TELEPHONE  011 781 1852

SMS / WHATSAPP  076 0788 722

ONLINE  www.safmh.org

POST  P/Bag X3053, Randburg 2125

SA Federation for Mental Health



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August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Health Awareness Days:

National Women's Health Month

1 – 7 World Breast Feeding Week

2 - 9 August – Corporate Cuppa For CANSA Week

31 African Traditional Medicines Day

15 Aug to 15 Oct Bone Marrow Stem Cell Donation and Leukemia Awareness Months

Public Holidays

9 National Women's Day



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September 2019						
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29	30					



Health Awareness Days:

Heart Awareness Month

National Oral Health Month

Childhood Cancer Awareness Month

1 SunSmart Cancer Screening on Spring Day

9 International Foetal Alcohol Syndrome Day

10 World Suicide Prevention Day

21 Sept to 18 Oct Eye Care Awareness

21 World Alzheimer's Day

26 World Environmental Health Day

28 World Rabies Day

29 World Heart Day

Public Holidays

24 Heritage Day



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October 2019						
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Health Awareness Days:

Breast Cancer Awareness Month

Mental Health Awareness Month

- 091 National Inherited Disorders Day
- 09 Partnership Against HIV&AIDS Anniversary
- 10 World Mental Health Day
- 11 World Sight Day
- 12 World Arthritis Day
- 15 Global Hand Washing Day
- 16 World Spine Day
- 17 World Trauma Day
- 20 National Down Syndrome Day
- 20 World Osteoporosis Day

Public Holidays




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November 2019						
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Health Awareness Days:

Non violence against women and children Month (25 Nov – 10 Dec)

Red Ribbon Month (HIV Awareness)

2 National Children's Day

6 SADC Malaria Day

12 World Pneumonia Day

14 World Diabetes Day

17 World Day of Remembrance for Road Traffic Victims

Public Holidays



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December 2019						
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Health Awareness Days:

Prevention of Injuries Month

1 World AIDS Day

3 International Day of Persons with Disabilities

12 Universal Health Coverage Day

Non violence against women and children Month (25 Nov – 10 Dec)

Public Holidays

16 Day of Reconciliation

25 Christmas

26 Day of Goodwill



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