

# 2021 Wellness Calendar



## January

- Non Smoking Week – January 17-23
- Bell Let's Talk Day – January 28

## February

- Psychology Month
- Children's Mental Health Awareness Week – February 1-7

## March

- Nutrition Month
- National Social Work Month
- Brain Awareness Week – March 11-18

## April

- Substance Use Awareness Month
- World Health Day – April 7
- Every Kid Healthy Week – April 26-30

## May

- National Child and Youth Mental Health Day – May 7
- Mental Health Week – May 3-9
- National Nursing Week – May 10-16

## June

- National Safety Month
- Canadian Men's Health Week – June 14-20
- National Health and Fitness Day – June 5

## July

- International Self-Care Day – July 24
- World Friendship Day – July 30

## August

- National Health Centre Week – August 9-15
- International Youth Day – August 12

## September

- World Suicide Prevention Day – September 10
- National Women's Health and Fitness Day – September 29

## October

- Health Literacy Month
- Mental Illness Awareness Week – October 3-9
- World Mental Health Day – October 10

## November

- National Family Caregiving Month
- National Child Day – November 20

## December

- National Handwashing Awareness Week – December 5-11
- International Volunteer Day – December 5

We are available 24 hours a day, 7 days a week by calling  
**1-800-661-8193** or visiting [humanacare.com/service-request](https://www.humanacare.com/service-request)  
and filling in a service request.

