

Health Promotion Calendar 2011-2012

SEPTEMBER

Breakfast for Learning Month
www.breakfastforlearning.ca

Sports Day in Canada (18th)
www.cbc.ca/sports/sportsday

Terry Fox National School Run Day (28th)
www.terryfoxrun.org

OCTOBER

Healthy Workplace Month
www.healthyworkplacemonth.ca

International Walk to School Week (3rd-7th) & Day (5th)
www.saferoutestoschool.ca

National School Safety Week (17th-23rd)

NOVEMBER

Diabetes Month
www.diabetes.ca

Bullying Awareness Week (13th-19th)
www.bullying.org

December

Healthy School Celebrations

JANUARY

National Non-Smoking Week (15th-21st)
www.nnsw.ca

Family Literacy Day (27th)
www.abclifeliteracy.ca

FEBRUARY

Heart Health Month
www.heartandstroke.ca

Eating Disorders Awareness Week (6th-10th)
www.nedic.ca

Winter Walk Day (8th)
www.tbdhu.com

MARCH

Nutrition Month
www.dietitians.ca

World Water Day (22nd)
www.worldwaterday.org

APRIL

Oral Health Month
www.cda-adc.ca

World Health Day (7th)
www.who.int/world-health-day

Earth Day (22nd)
www.earthday.ca

MAY

Allergy Awareness Month
www.anaphylaxis.ca

National Mental Health Week (8th-12th)
www.kidsmentalhealth.ca

Canada Health Day (12th)

Move for Health Day
www.who.int/moveforhealth

World No-Tobacco Day (31st)
www.cctc.ca

JUNE

Safe Kids Week (3rd-9th)
www.safekidscanada.ca

Canadian Environment Week (3rd-9th)
www.ec.gc.ca

Clean Air Day (6th)
www.cleanairday.com

National Aboriginal Day (21st)

