

# Health Promotion Calendar 2010-2011

## SEPTEMBER

### Breakfast for Learning Month

[breakfastforlearning.ca](http://breakfastforlearning.ca)

### 18: Sports Day in Canada

[cbc.ca/sports/sportsday](http://cbc.ca/sports/sportsday)

### 30: Terry Fox National School Run Day

## OCTOBER

### Healthy Workplace Month

[healthyworkplacemonth.ca](http://healthyworkplacemonth.ca)

### International Walk to School Month

### 6: International Walk to School Day

[saferoutestoschool.ca](http://saferoutestoschool.ca)

### 15: Body Sense Workshop (7:30am-8:30am)

[TBDHU.COM](http://TBDHU.COM)

### 16-24: Week of the Child

### 17-23: National School Safety Week

### 23: "Munch and Move" and Don't Sit Still Tour

[TBDHU.COM](http://TBDHU.COM)

## NOVEMBER

### 1-7: Media Literacy Week

### 14-20: Bullying Awareness Week

[bullying.org](http://bullying.org)

### 15-21: Drug Awareness Week

[odap.org](http://odap.org)

## DECEMBER

### Healthy School Celebrations

### 21: First Day of Winter

## JANUARY

### 16-22: National Non-Smoking Week

[nsw.ca](http://nsw.ca)

### 19: Weedless Wednesday

### 27: Family Literacy Day

## FEBRUARY

### Heart Health Month

[heartandstroke.ca](http://heartandstroke.ca)

### 7-13: Eating Disorders Awareness Week

[nedic.ca](http://nedic.ca)

### 9: Winter Walk

[TBDHU.COM](http://TBDHU.COM)

### 21: Family Day

## MARCH

### Nutrition Month

[dietitians.ca](http://dietitians.ca)

### 14-18: March Break

## APRIL

### Oral Health Month

[cda-adc.ca](http://cda-adc.ca)

### 7: World Health Day

[who.int/world-health-day](http://who.int/world-health-day)

### 22: Earth Day

## MAY

### 2-8: National Mental Health Week

[kidsmentalhealth.ca](http://kidsmentalhealth.ca)

### 10: Move for Health Day

[who.int/moveforhealth](http://who.int/moveforhealth)

### 31: World No-Tobacco Day

## JUNE

### May 30-June 4: Safe Kids Week

[safekidscanada.ca](http://safekidscanada.ca)

### 21: National Aboriginal Day

### 22: Clean Air Day

[cleanairday.com](http://cleanairday.com)

