**Health Awareness Campaigns 2016**

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| **Campaign** | **Date** |
|  | **January** |
| Love Your Liver |  |
| National Obesity Awareness Week | 12th-18th January |
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|  | **February** |
| National Heart Month |  |
| Congenital Heart Defect Day | 14th February |
| National Wear Red Day | 26th February |
| Eating Disorders Awareness Week | 22nd-28th February |
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|  | **March** |
| Ovarian Cancer Awareness Month |  |
| Prostate Cancer Awareness Month |  |
| National MS Week | 3rd-9th March |
| No Smoking Day  | 9th March |
| National Salt Awareness Week | 10th-16th March |
| International Day of Happiness | 20th March |
| World Water Day | 22nd March  |
| Down’s Syndrome Awareness Week | 23rd-29th March |
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|  | **April** |
| Caesarean Awareness Month |  |
| IBS Awareness Month |  |
| Bowel Cancer Awareness Month |  |
| World Health Day | 7th April |
| World Haemophilia Day  | 17th April |
| Parkinson’s Awareness Week  | 18th-24th April |
| Allergy Awareness Week | 20th-26th April |
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|  | **May** |
| National Walking Month |  |
| National Smile Month |  |
| Sun Awareness Week | 9th-16th May |
| Dying Matters Awareness Week | 9th-15th May |
| Walk to Work Week | 11th-15th May |
| Mental Health Awareness Week | 11th-17th May |
| Dementia Awareness Week | 17th-23rd May |
| Walk to School Week | 18th-22nd May |
| World No Tobacco Day | 31st May |
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|  | **June** |
| Cervical Screening Awareness Week | 8th-14th June |
| Bike to School Week | 9th-13th June |
| World Blood Donor Day | 14th June |
| Diabetes Week | 14th-20th June |
| Men’s Health Week | 15th-21st June |
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|  | **July** |
| National Childhood Obesity Week | 4th-10th July |
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|  | **September**  |
| Suicide Prevention Day | 10th September |
| Sexual Health Week  | 12th-18th September |
| World Alzheimer’s Day | 21st September  |
| World Heart Day | 29th September  |
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|  | **October** |
| Breast Cancer Awareness Month |  |
| World Mental Health Day | 10th October |
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|  | **November** |
| Lung Cancer Awareness Month |  |
| Pancreatic Cancer Awareness Month |  |
| World Diabetes Day | 14th November |
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|  | **December** |
| World Aids Day | 1st December |
| International Day of Persons with Disabilities  | 3rd December |