

MONTHLY THEME



Month	Health Theme	Website/Contact
January	National Non-Smoking Week Weedless Wednesday	www.cctc.ca www.cctc.ca
February	National Heart Month Eating Disorders Awareness Week Sexual and Reproductive Health Day	www.heartandstroke.ca www.nedic.ca/ www.ppfca.ca
March	National Nutrition: Month “Help Fight Liver Disease” Month National Farm Safety Week International Women’s Week Stop TB Day	www.dietitians.ca www.liver.ca www.safety-council.org www.swc.cfc.gc.ca/ www.stoptb.ca/
April	National Oral Health Month National Cancer Month World Health Day National Immunization Awareness Week National Volunteer Week	www.cda-arc.ca www.cancer.ca www.who.int/world-health-day www.immunize.cpha.ca/ www.volunteer.ca
May	National Fitness Month National Summer Safety Week North American Occupational Safety and Health Week World No Tobacco Day Safe Boating Week Sexual Assault Awareness Month National Road Safety Week	www.ophea.net/parc www.safety-council.org www.naosh.org www.cctc.ca www.ccg-gcc.gc.ca www.mto.gov.on.ca

June	National Water Safety Week National Cancer Survivors Day Seniors Month Food Safety Awareness / Summer Food Safety	www.redcross.ca www.cancer.ca www.phac.aspc.gc.ca/seniors-aines www.hc-sc.gc.ca/english/feature/summer
July/August	Car Seat Clinic Sun Safety West Nile Awareness	www.safekidscanada.ca www.cancer.ca www.healthcanada.ca
September	National Arthritis Month Fetal Alcohol Syndrome Awareness Day Terry Fox Run Prostate Cancer Awareness Week World Alzheimer's Day	www.arthritis.ca www.healthcanada.ca/fas www.terryfoxrun.org www.prostatecancer.ca www.alz.co.uk/adi/wad/
October	Breast Cancer Awareness Month Flu Prevention Month World Breastfeeding Week National Families Week World Mental Health Day National Healthy Workplace Week Eye Health Month	www.cancer.ca www.lung.ca www.infactcanada.ca www.familyservicecanada.org www.wmhd.net www.nqi.ca/chww/ www.opto.ca
November	Diabetes Month Osteoporosis Month Drug Addiction Awareness Week Canadian AIDS Awareness Week CPR Awareness Month	www.diabetes.ca www.osteoporosis.ca www.camh.net www.aidssida.cpha.ca www.heartandstroke.ca
December	National Day of Remembrance and Action on Violence Against Women World AIDS Day Operation Red Nose	www.swc.cfc.gc.ca www.cdnaids.ca www.operationnezrouge.com

For additional health related themes, contact information and updates visit Health Canada online at www.hc-sc.gc.ca/english/calendar.html or call the Chatham-Kent Public Health Unit at 519-352-7270.