



HEALTH PROMOTION CALENDAR



GOVERNMENT OF BERMUDA
 Department of Health

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 Designed by: Department of Communications

For queries contact: healthpromotion@gov.bm or call 278-6504
www.gov.bm
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2018 ALPHABETICAL LISTING OF OBSERVANCES

OBSERVANCE	MONTH	DATE	ORGANIZATION	TELEPHONE	RESOURCE
Alcohol and Drug Addiction Recovery Month	September	Month	Department for National Drug Control	292-3049	www.gov.bm, www.recoverymonth.gov
Alcohol Awareness Month	April	Month	CADA - Encouraging Responsible Alcohol Behaviour	295-5982	www.cada.bm
Alzheimer's Awareness Month	September	Month	Action on Alzheimer's and Dementia	707-0600	www.alzbermuda.com
Autism Awareness Month	April	Month	Bermuda Autism Support and Education Society	505-9147	www.bermudaautism.com
Bermuda Day	May	25	Department of Community and Cultural Affairs	292-1681	Public Holiday
Boxing Day	December	26			Public Holiday
Breast Cancer Awareness Month	October	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Breastfeeding Month	August	Month	Department of Health	278-6460	www.bfmed.org, www.waba.org.my/
Caribbean Wellness Day	September	8	Health Promotion Office	278-6504	www.gov.bm, http://carpha.org/Media-Centre/Caribbean-Wellness-Day
Celebrating Wellness Day	September	26	Health Promotion Office	278-6504	www.gov.bm, http://carpha.org/Media-Centre/Caribbean-Wellness-Day
Cervical Health Awareness Month	January	Month	Bermuda Cancer and Health Centre / Maternal Health	236-1001 / 278-6441	
Child Abuse Prevention Month	September	Month	Child and Family Services	294-5882	
Child Sexual Abuse Awareness and Prevention Month	April	Month	SCARS (Saving Children and Revealing Secrets)	297-2277	www.scarsbermuda.com
Christmas Day	December	25			Public Holiday
Clean Hands Week	September	16 - 22	Community Health Nursing	278-6456	www.cleanhandscoalition.org
Colorectal Cancer Awareness Month	March	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Denim for Diabetes	November	30	Bermuda Diabetes Association	236-3668	www.bermudadiabetes.org, www.diabetes.ca, www.diabetes.org
Diabetes Awareness Month	November	Month	Bermuda Diabetes Association	236-3668	www.bermudadiabetes.org, www.diabetes.ca, www.diabetes.org
Dietitian's Day	March	14	Nutrition Services / Bermuda Dietitians Association	278-6467 or 278-6469	www.gov.bm
Domestic Violence Awareness Month	October	Month	Centre Against Abuse	292-4366	www.centreatagainstabuse.bm, www.abusefree.org
Earth Day	April	22	Greenrock	747-7625	www.greenrock.org, www.earthday.org
Emancipation Day (Cup Match)	August	2			Public Holiday
Emergency Medical Services Week	May	20 - 26	Bermuda Hospitals Board Critical Care Services	239-2237	www.acep.org, www.bermudahospitals.bm
Ethics Awareness Week	November	5 - 10	Bermuda Hospitals Board - Ethics Committee	236-2345	www.bhb.bm
Father's Day	June	17			
Fight the Bite (Mosquito Awareness Month)	July	Month	Environmental Health (Vector Control)	278-5397	www.gov.bm
Forensic Nurses Week	November	11 - 17	SART / Maternal Health	278-6475	www.iafn.org/
Foster Parent Month	May	Month	Child and Family Services	294-5871	www.nfpainc.org
Good Friday	March	30			Public Holiday
Gynaecological Cancer Awareness Month	September	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Heart Month	February	Month	Bermuda Heart Foundation	232-2673	www.heart.bm
HIV Awareness Month	June	Month	Communicable Disease Control Clinic	278-6442	www.gov.bm
HIV Testing Day	June	27	Communicable Disease Control Clinic	278-6442	www.hivtest.org
Hour of Air	March	29	Open Airways	232-0264	www.openairways.com
Human Rights Day	December	10	Human Rights Commission	295-5859	www.hrc.bm
Hurricane Preparedness Week	May	28 - 1 June	Emergency Measures Organization	247-1093	www.emo.gov.bm, www.weather.bm
International Day Against Drug Abuse and Illicit Trafficking	June	26	Department for National Drug Control	292-3049	www.gov.bm
International Day for Disaster Reduction	October	13	Bermuda Red Cross	236-8253	www.bermudaredcross.com, www.un.org/en/events/disasterreductionday/
International Day for the Elimination of Racial Discrimination	March	21	Human Rights Commission	295-5859	www.hrc.bm
International Day of Families	May	15	Child and Family Services	294-5870	www.un.org/en/events/familyday/
International Day of Older Persons	October	1	Ageing and Disability Services	292-7802	www.gov.bm
International Day of Persons with Disabilities	December	3	Ageing and Disability Services	292-7802	www.un.org/disabilities
International Infection Prevention Week	October	14 - 20	Bermuda Hospitals Board	236-2345	www.apic.org, www.who.int/
International Nurses Day	May	12	Community Health Nursing / Bermuda Nurses Association	278-6460	www.icn.ch, www.bna.bm
International Water Safety Day	May	15	Department of Parks - Lifeguard Services	236-5902	www.internationalwatersafetyday.org
Know Alcohol Day	April	27	CADA - Encouraging Responsible Alcohol Behaviour	295-5982	www.cada.bm
Labour Day	September	3			Public Holiday
Lung Cancer Awareness Month	June	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Mammography Day	October	19	Bermuda Cancer and Health Centre	236-1001	www.cancer.org, www.chc.bm
Melanoma Awareness Month	May	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Melanoma Monday	May	7	Bermuda Cancer and Health Centre	236-1001	www.chc.bm

Men's Health Month	November	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Mental Health Awareness Week	October	7 - 13	Mid-Atlantic Wellness Institute	236-3770	www.cpa-apc.org, www.psych.org
Mother's Day	May	13			
Move for Health Day	May	10	Health Promotion Office	278-6504	www.gov.bm, www.who.int/moveforhealth/
Multiple Sclerosis Awareness Week	March	4 - 10	Multiple Sclerosis Association		www.mssociety.bm
National Heroes' Day	June	18	Department of Community and Cultural Affairs	292-1681	www.communityandculture.bm
National Library Week	April	8 - 14	Bermuda National Library	295-2905	www.bnl.bm
New Year's Day	January	1			Public Holiday
Nurses Month	May	Month	Bermuda Nurses Association	291-0294	www.bna.bm
Nutrition Month	March	Month	Nutrition Services / Bermuda Dietitians Association	278-6467 278-6469	www.gov.bm
Oral Health Month	February	Month	Oral Health	278-6440	www.cda-adc.ca
Ovarian Cancer Awareness Month	September	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Prostate Cancer Awareness Month	November	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Public Health Week	April	8 - 14	Health Promotion Office	278-6504	www.gov.bm, www.worldhealthday.org
Red Ribbon Week	October	15 - 21	P.R.I.D.E. Bermuda	295-9970	www.pridebermuda.bm
Relay for Life	May	18 - 19	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Remembrance Day	November	11			Public Holiday
Rodent Control Awareness Month	March	Month	Environmental Health	278-5397	www.gov.bm
Sexual and Reproductive Health Day	February	12	Communicable Disease Control Clinic	278-6442	www.srhweek.ca/, http://www.wasexualhealthweek.com.au/
Sexual and Reproductive Health Week	February	12 - 16	Communicable Disease Control Clinic/Epidemiology and Surveillance Unit	278-6442 / 278-6505	www.srhweek.ca/, http://www.wasexualhealthweek.com.au/
Sickle Cell Awareness Month	September	Month	Bermuda Sickle Cell Association	331-1685	www.sicklecelldisease.org
Somer's Day (Cup Match)	August	3			Public Holiday
Sun Smart Month	May	Month	Bermuda Cancer and Health Centre	236-1001	www.chc.bm
Teen Dating Violence Awareness Month	February	Month	Centre Against Abuse	292-4366	www.abusefree.org
Teen Pregnancy Prevention Day	May	2	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475	www.teenpregnancy.org
Teen Pregnancy Prevention Month	May	Month	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475	www.teenpregnancy.org
Universal Children's Day	November	20	Child and Family Services	296-7575	www.unac.org
Week of the Young Child	April	16 - 20	Child and Family Services	296-7575	www.naeyc.org
World AIDS Day	December	1	Communicable Disease Control Clinic / Epidemiology and Surveillance	278-6442 / 278-6505	www.aidsida.cpha.ca, www.catie.ca
World Alzheimer's Day	September	21	Alzheimer's Family Support Group Bermuda	238-2168	www.alz.co.uk
World Asthma Day	May	1	Open Airways	232-0264	www.openairways.com, www.lung.ca/
World Autism Awareness Day	April	2	Bermuda Autism Support and Education Society	505-9147	www.bermudaautism.com
World Blood Donor Day	June	14	Bermuda Hospitals Board- Blood Donor Centre	236-5067	www.bhb.bm
World Breastfeeding Week	August	1 - 7	Department of Health	278-6460	www.bfmed.org, www.waba.org.my/
World Cancer Day	February	4	Bermuda Cancer and Health Centre	236-1001	www.chc.bm, www.worldcancerday.org
World COPD Day	November	14	Open Airways	232-0264	www.openairways.com, www.goldcopd.com
World Day for Safety and Health at Work (Commemoration Day for the Dead and Injured Workers)	April	28	Environmental Health	278-5333	www.ilo.org
World Diabetes Day	November	14	Bermuda Diabetes Association	236-3668	www.bermudadiabetes.org, www.diabetes.ca, www.diabetes.org
World Elder Abuse Awareness Day	June	15	Age Concern	238-7525	www.ageconcern.bm
World Health Day	April	7	Health Promotion Office	278-6504	www.gov.bm, www.worldhealthday.org
World Hypertension Day	May	17	Community Nursing	278-6470	www.gov.bm, http://ish-world.com/public/world-hypertension-day.htm
World Immunization Week	April	23 - 27	Child and School Health	278-6452	www.who.int/world-immunization-week
World Kidney Day	March	8	Health Promotion Office/Bermuda Hospitals Board	278-6504 / 236-2345	www.worldkidneyday.org
World Mental Health Day	October	10	Mid-Atlantic Wellness Institute	236-3770	www.cpa-apc.org, www.psych.org
World No-Tobacco Day	May	31	Department for National Drug Control	292-3049	www.cctc.ca
World Occupational Therapy Day	October	27	Community Rehabilitation	278-6427	www.wfot.org
World Physiotherapy Day	September	8	Community Rehabilitation	278-6427	www.apta.org, www.aota.org, www.physiotherapy.ca
World Sight Day	October	11	Bermuda Society for the Blind	292-3231	www.iapb.org/advocacy
World Water Day	March	22	Environmental Health	278-5333	www.worldwaterday.org
XL Catlin End to End	May	5	Bermuda End to End	292-6992	www.bermudaendtoend.bm



DECEMBER 2017						
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31						

FEBRUARY 2018						
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Monthly Observances

- Cervical Health Awareness Month



JANUARY 2018

S	M	T	W	T	F	S
	1 New Year's Day	2	3	4	5	6
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JANUARY 2018						
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MARCH 2018						
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Monthly Observances

- Oral Health Month
- Heart Month
- Teen Dating Violence Awareness Month



FEBRUARY 2018

S	M	T	W	T	F	S
				1	2	3
4 World Cancer Day	5	6	7	8	9	10
11	Sexual and Reproductive Health Week 12-16					17
	12 Sexual and Reproductive Health Day	13	14	15	16	
18	19	20	21	22	23	24
25	26	27	28			



FEBRUARY 2018						
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APRIL 2018						
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29	30					



Monthly Observances

- Colorectal Cancer Awareness Month
- Nutrition Month
- Rodent Control Awareness Month



MARCH 2018

S	M	T	W	T	F	S
				1	2	3
Multiple Sclerosis Awareness Week 4 - 10						
4	5	6	7	8 World Kidney Day	9	10
11	12	13	14 Dietitian's Day	15	16	17
18	19	20	21 International Day for the Elimination of Racial Discrimination	22 World Water Day	23	24
25	26	27	28	29 Hour of Air	30 Good Friday	31



MARCH 2018						
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MAY 2018						
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Monthly Observances

- Alcohol Awareness Month
- Autism Awareness Month
- Child Sexual Abuse Awareness and Prevention Month



APRIL 2018

S	M	T	W	T	F	S
1	2 World Autism Awareness Day	3	4	5	6	7 World Health Day
Public Health Week/National Library Week 8 - 14						
8	9	10	11	12	13	14
15	Week of the Young Child 16-20					21
	16	17	18	19	20	
22 Earth Day	World Immunization Week 23-27					28 World Day for Safety and Health at Work
	23	24	25	26	27 Know Alcohol Day	
29	30					



APRIL 2018						
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JUNE 2018						
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Monthly Observances

- Foster Parent Month
- Teen Pregnancy Prevention Month
- Melanoma Awareness Month
- Nurses Month
- Sun Smart Month



MAY 2018

S	M	T	W	T	F	S
		1 World Asthma Day	2 Teen Pregnancy Prevention Day	3	4 Hour of Air	5 XL Catlin End to End
6	7 Melanoma Monday	8	9	10 Move for Health Day	11	12 International Nurses Day
13 Mother's Day	14	15 International Day of Families International Water Safety Day	16	17 World Hypertension Day	Relay for Life 18 - 19	
					18	19
Emergency Medical Services Week 20 - 26						
20	21	22	23	24	25 Bermuda Day	26
27	Hurricane Preparedness Week 28 - 1					
	28	29	30	31 World No-Tobacco Day	1	



MAY 2018						
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JULY 2018						
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Monthly Observances

- Prostate Cancer Awareness Month
- HIV Awareness Month
- Lung Cancer Awareness Month



JUNE 2018

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3	4	5	6	7	8	9
10	11	12	13	14 World Blood Donor Day	15 World Elder Abuse Awareness Day	16
17 Father's Day	18 National Heroes' Day	19	20	21	22	23
24	25	26 International Day Against Drug Abuse & Illicit Trafficking	27 HIV Testing Day	28	29	30



JUNE 2018						
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AUGUST 2018						
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Monthly Observances

- Fight the Bite (Mosquito Awareness Month)



JULY 2018

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JULY 2018						
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SEPTEMBER 2018						
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30						



Monthly Observances

- Breastfeeding Month



AUGUST 2018

S	M	T	W	T	F	S
			World Breastfeeding Week 1 - 7			
			1	2 Emancipation Day (Cup Match)	3 Somers' Day (Cup Match)	4
			8	9	10	11
5	6	7				
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AUGUST 2018						
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OCTOBER 2018						
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Monthly Observances

- Alcohol and Drug Addiction Recovery Month
- Alzheimer's Awareness Month
- Child Abuse Prevention Month
- Gynaecological Cancer Awareness Month
- Ovarian Cancer Awareness Month
- Sickle Cell Awareness Month



SEPTEMBER 2018

S	M	T	W	T	F	S
						1
2	3 Labour Day	4	5	6	7	8 World Physiotherapy Day Caribbean Wellness Day
9	10	11	12	13	14	15
Clean Hands Week 16 - 22						
16	17	18	19	20	21 World Alzheimer's Day	22
23	24	25	26 Celebrating Wellness Day	27	28	29
30						



SEPTEMBER 2018						
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NOVEMBER 2018						
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Monthly Observances

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month



OCTOBER 2018

S	M	T	W	T	F	S
	1 International Day of Older Persons	2	3	4	5	6
Mental Health Awareness Week 7 - 13						
7	8	9	10 World Mental Health Day	11 World Sight Day	12	13 International Day for Disaster Reduction
International Infection Prevention Week 14 - 20/Red Ribbon Week 15 - 21						
14	15	16	17	18	19 Mammography Day	20
21	22	23	24	25	26	27 World Occupational Therapy Day
28	29	30	31			



OCTOBER 2018						
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DECEMBER 2018						
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Monthly Observances

- Diabetes Awareness Month
- Prostate Cancer Awareness Month
- Men's Health Month



NOVEMBER 2018

S	M	T	W	T	F	S
				1	2	3
4	Ethics Awareness Week 5 - 10					
	5	6	7	8	9	10
Forensic Nurses Week 11 - 17						
11 Remembrance Day	12	13	14 World COPD Day World Diabetes Day	15	16	17
18	19	20 Universal Children's Day	21	22	23	24
25	26	27	28	29	30 Denim for Diabetes	



NOVEMBER 2018						
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JANUARY 2019						
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20	21	22	23	24	25	26
27	28	29	30	31		



Monthly Observances



DECEMBER 2018

S	M	T	W	T	F	S
						1 World AIDS Day
2	3 International Day of Persons with Disabilities	4	5	6	7	8
9	10 Human Rights Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31					