



2019

HEALTH PROMOTION CALENDAR



GOVERNMENT OF BERMUDA
Department of Health

2019 ALPHABETICAL LISTING OF OBSERVANCES

OBSERVANCE	MONTH	DATE	ORGANIZATION	TELEPHONE
170th anniversary of the arrival of the first Portuguese immigrants	November	4		
Alcohol and Drug Addiction Recovery Month	September	Month	Department for National Drug Control	292-3049
Alcohol Awareness Month	April	Month	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Alzheimer's Awareness Month	September	Month	Action on Alzheimers and Dementia	707-0600
Autism Awareness Month	April	Month	Bermuda Autism Support and Education Society	505-9147
Bermuda Day	May	31	Department of Community and Cultural Affairs	292-1681
Boxing Day	December	26		
Breast Cancer Awareness Month	October	Month	Bermuda Cancer and Health Centre	236-1001
Breastfeeding Month	August	Month	Department of Health	278-6460
Caribbean Wellness Day	September	14	Health Promotion Office	278-6504
Celebrating Wellness Day	September	25	Health Promotion Office	278-6504
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 & Prevention Month	April	Month	SCARS (Saving Children and Revealing Secrets)	297-2277
Christmas Day	December	25		
Colorectal Cancer Awareness Month	March	Month	Bermuda Cancer and Health Centre	236-1001
Denim for Diabetes	November	15	Bermuda Diabetes Association	236-3668
Diabetes Awareness Month	November	Month	Bermuda Diabetes Association	236-3668
Dietitian's Day	March	13	Nutrition Services / Bermuda Dietitians Association	278-6467 278-6469
Domestic Violence Awareness Month	October	Month	Centre Against Abuse	292-4366
Earth Day	April	22	Greenrock	747-7625
Emancipation Day (Cup Match)	August	1	Public Holiday	
Emergency Medical Services	May	19 - 25	Bermuda Hospitals Board - Critical Care Services	236-2345 or 239-2237
Father's Day	June	16		
Fight the Bite (Mosquito Awareness Month)	July	Month	Environmental Health	278-5397
Forensic Nurses Week	November	10 - 16	SART / Maternal Health	278-6475
Foster Parent Month	May	Month	Child and Family Services	294-5871
Good Friday	April	19	Public Holiday	
Gynaecological Cancer Awareness Month	September	Month	Bermuda Cancer and Health Centre	236-1001
Heart Month	February	Month	Bermuda Heart Foundation	232-2673
HIV Awareness Month	June	Month	Communicable Disease Control Clinic	278-6442
HIV Testing Day	June	27	Communicable Disease Control Clinic/Epidemiology and Surveillance Unit	278-6442
Hour of Air	May	15	Open Airways	232-0264
Human Rights Day	December	10	Human Rights Commission	295-5859
Hurricane Preparedness Week	June	3 - 7	Emergency Measures Organization	247-1093
International Clean Hands Week	September	15 - 21	Community Health Nursing	278-6456
International Day Against Drug Abuse & Illicit Trafficking	June	26	Department for National Drug Control	292-3049
International Day for Disaster Reduction	October	13	Bermuda Red Cross	236-8253
International Day for the Elimination of Racial Discrimination	March	21	Human Rights Commission	295-5859
International Day of Families	May	15	Child and Family Services	294-5870
International Day of Older Persons	October	1	Ageing and Disability Services	292-7802
International Day of Persons with Disabilities	December	3	Ageing and Disability Services	292-7802
International Infection Prevention Week	October	13 - 19	Bermuda Hospitals Board	236-2345
International Nurses Day	May	12	Community Health Nursing / Bermuda Nurses Association	278-6460
International Water Safety Day	May	15	Department of Parks - Lifeguard Services	236-5902
Know Alcohol Day	April	26	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Labour Day	September	2	Public Holiday	
Lung Cancer Awareness Month	June	Month	Bermuda Cancer and Health Centre	236-1001
Mammography Day	October	18	Bermuda Cancer and Health Centre	236-1001
May Measurement Month	May	Month	Bermuda Heart Foundation	236-2673
Melanoma Awareness Month	May	Month	Bermuda Cancer and Health Centre	236-1001
Melanoma Monday	May	6	Bermuda Cancer and Health Centre	236-1001
Men's Health Month	November	Month	Bermuda Cancer and Health Centre	236-1001
Mental Health Awareness Week	October	7 - 11	Mid-Atlantic Wellness Institute	236-3770
Mother's Day	May	19		
Move for Health Day	May	10	Health Promotion Office	278-6504
Multiple Sclerosis Awareness Week	March	4 - 10	Multiple Sclerosis Society of Bermuda	
National Heroes' Day	June	17	Department of Community and Cultural Affairs	292-1681
National Library Week	April	7 - 13	Bermuda National Library	295-2905
New Year's Day	January	1		
Nurses Month	May	Month	Bermuda Nurses Association	291-0294
Nutrition Month	March	Month	Nutrition Services / Bermuda Dietitians Association	278-6467 278-6469
Oral Health Month	February	Month	Oral Health	278-6440
Ovarian Cancer Awareness Month	September	Month	Bermuda Cancer and Health Centre	236-1001
Positive Parenting Month	April	Month	Child Development Programme	295-0746
Prostate Cancer Awareness Month	November	Month	Bermuda Cancer and Health Centre	236-1001
Public Health Week	April	8 - 11	Health Promotion Office	278-6504
Red Ribbon Week	October	14 - 20	P.R.I.D.E. Bermuda	295-7790
Relay for Life	May	17 - 18	Bermuda Cancer and Health Centre	236-1001
Remembrance Day	November	11		
Rodent Control Awareness Month	March	Month	Environmental Health	278-5397
Sexual and Reproductive Health Day	February	12	Communicable Disease Control Clinic/Epidemiology and Surveillance Unit	278-6442/278-6505
Sexual and Reproductive Health Week	February	10 - 16	Communicable Disease Control Clinic/Epidemiology and Surveillance Unit	278-6442 / 278-6505
Sickle Cell Awareness Month	September	Month	Bermuda Sickle Cell Association	331-1685
Somer's Day (Cup Match)	August	2	Public Holiday	
Sun Smart Month	May	Month	Bermuda Cancer and Health Centre	236-1001
Teen Dating Violence Awareness Month	February	Month	Centre Against Abuse	292-4366
Teen Pregnancy Prevention Day	May	1	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Teen Pregnancy Prevention Month	May	Month	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Universal Children's Day	November	20	Child and Family Services / Child Development Programme	296-7575
Vaccination Week	April	21 - 27	Child and School Health	278-6460
Week of the Young Child	April	8 - 12	Child and Family Services	296-7575
World AIDS Day	December	1	Communicable Disease Control Clinic / Epidemiology and Surveillance	278-6442 / 278-6505
World Alzheimer's Day	September	21	Alzheimer's Family Support Group Bermuda	238-2168
World Asthma Day	May	7	Open Airways	232-0264
World Autism Awareness Day	April	2	Bermuda Autism Support and Education Society	505-9147
World Blood Donor Day	June	14	Bermuda Hospitals Board- Blood Donor Centre	236-5067
World Breastfeeding Week	August	1 - 7	Department of Health	278-6460
World Cancer Day	February	4	Bermuda Cancer and Health Centre	236-1001
World COPD Day	November	20	Open Airways	232-0264
World Day for Safety and Health at Work	April	28	Environmental Health	278-5333
World Diabetes Day	November	14	Bermuda Diabetes Association	236-3668
World Elder Abuse Awareness Day	June	15	Age Concern	238-7525
World Health Day	April	7	Health Promotion Office	278-6504
World Hypertension Day	May	17	Community Health Nursing	278-6460
World Immunization Week	April	22 - 26	Child and School Health	278-6452
World Kidney Day	March	14	Health Promotion Office/Bermuda Hospitals Board	278-6504 / 236-2345
World Mental Health Day	October	10	Mid-Atlantic Wellness Institute	236-3770
World No-Tobacco Day	May	31	Department for National Drug Control	292-3049
World Occupational Therapy Day	October	27	Community Rehabilitation	278-6427
World Physiotherapy Day	September	8	Community Rehabilitation	278-6427
World Red Cross Day	May	8	Bermuda Red Cross	236-8253
World Sight Day	October	10	Bermuda Society for the Blind	292-3231
World Water Day	March	22	Environmental Health	278-5333

Aloe Vera



The aloe vera gel is great for relieving discomfort associated with insect bites, rashes, acne, eczema, burns and psoriasis. Bermudians are known to use aloe to clear skin rashes and abrasions, particularly road rash.

DECEMBER 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

Monthly Observances

- Cervical Health Awareness Month

Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs



JANUARY 2019

S	M	T	W	T	F	S
		1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Prickly Pear



Driving along the South Shore in Bermuda, one can't help but notice prickly pear cacti everywhere. The prickly pear is considered a super fruit because of many health benefits derived from the plant.

JANUARY 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MARCH 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monthly Observances

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



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

FEBRUARY 2019

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

Natal Plum

The natal plum is native to South Africa, but grows around the globe in tropical and sub-tropical regions. All parts of the plant are poisonous with the exception of the fruit. The fruit is used to make jam, jelly, pies, cakes, fruit soups and fruit salads.

FEBRUARY 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

APRIL 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Monthly Observances

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

Caution

Natal plums are related to the oleander family and like the oleander, all parts of the plant with the exception of the fruit are poisonous.

Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs



MARCH 2019

S	M	T	W	T	F	S
					1	2
3	Multiple Sclerosis Awareness Week 4 - 10					
	4	5	6	7	8	9
10	11	12	13 Dietitian's Day	14 World Kidney Day	15 Hour of Air	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	30
31						

Nasturtium

The leaves, flowers and seeds of the nasturtium can be eaten. The leaves and flowers are often added to garden salads to make them tasty and colourful.

MARCH 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MAY 2019

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monthly Observances

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



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

APRIL 2019

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

Mulberry

The mulberry tree can grow as high as 35 to 55 feet tall. Bermudian cooks combine mulberries with other berries to make dessert and other tasty treats. The berries are great on their own and when frozen make delicious smoothies.

APRIL 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUNE 2019

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Monthly Observances

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



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

MAY 2019

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

Lemon



There was a time when lemon trees grew wild around Bermuda and Bermudian cooks found a number of ways to use the fruit in their favourite dishes. The fresh juice of the lemon was used to marinate fish and other seafood caught from our local waters. The rind and juice were used to make fresh lemon pies and preserves. It can also be used with lemon grass to make a tea to aid digestion and ease gas, bloating and upset stomach.

MAY 2019

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JULY 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monthly Observances

- HIV Awareness Month
- Lung Cancer Awareness Month



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

JUNE 2019

S	M	T	W	T	F	S
						1
2	Hurricane Preparedness Awareness Week 3 - 7					8
9	10	11	12	13	14 World Blood Donor Day	15 World Elder Abuse Awareness Day
16 Father's Day	17 National Heroes' Day	18	19	20	21	22
23	24	25	26 International Day Against Drug Abuse & Illicit Trafficking	27 HIV Testing Day	28	29
30						

Father John



If you are Bermudian you have heard of father john from your parents, grand-parents, neighbours and old-time Bermudians. It can be found growing wild all around Bermuda. The leaves and flowers are often combined with other herbs such as elder bush, mint, lemon grass and Surinam cherry leaves to make a bright red tisane.

JUNE 2019

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

AUGUST 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monthly Observances

- Fight the Bite (Mosquito Awareness Month)



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

JULY 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Dandelion



Dandelion greens have carved a reputation in the culinary world as being a healthy addition to garden salads. The leaves have a similar taste to endive and is recommended that they are eaten in early spring or late fall before they turn bitter. The leaves are high in fibre and are used in soups and consumed as a steamed vegetable. The root of the dandelion is used to make herbal coffee and combines well with chicory root for an alternative for coffee.



JULY 2019

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Monthly Observances

- Breastfeeding Month

Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs



AUGUST 2019

S	M	T	W	T	F	S
				World Breastfeeding Week 1 - 7		
				1 Emancipation Day (Cup Match)	2 Somers's Day (Cup Match)	3
				8	9	10
4	5	6	7			
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Chicory

Chicory is a versatile herb and is used in a variety of ways to heal the body. As a food source, the leaves and roots of the chicory can be eaten as a vegetable or added to salads. The leaves are high in fibre and low in calories. Herbal coffee is made from the root of the chicory plant which makes it a great alternative for people who are sensitive to caffeine. Bermudian folk practitioners use the leaves and flowers to make a herbal tea. The flowers are also used in salads to give colour and unique flavor.

AUGUST 2019

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

OCTOBER 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

SEPTEMBER 2019

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

Wild Spinach



Bermudians have used wild spinach in a variety of dishes for generations. It grows along the shoreline, and grows just as well in gardens and pots. Wild Bermuda spinach is high in essential vitamins and minerals and can be used in stews, soups, salads and vegetable dishes.

SEPTEMBER 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOVEMBER 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Monthly Observances

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

OCTOBER 2019

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

Rose



The Rose is an attractive and fragrant flower that has many uses. The petals are used to garnish desserts and salads. The petals can also be used to make rose water which is often used as a facial toner or hair and scalp conditioner. Or simply use the petals in your water for a relaxing bath.

OCTOBER 2019

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

DECEMBER 2019

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Monthly Observances

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



Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs

NOVEMBER 2019

S	M	T	W	T	F	S
					1	2
3	4 170th anniversary of the arrival of the first Portuguese immigrants	5	6	7	8	9
Forensic Nurses Week 10 - 16						
10	11 Remembrance Day	12	13	14 World Diabetes Day	15	16
17	18	19	20 Universal Children's Day World COPD Day	21	22	23
24	25	26	27	28	29	30

Cedar Berry



The Bermuda Cedar Tree has served the needs of locals over the centuries from boat building to furniture making and even from a medicinal prospective. The wood is sturdy, and anything made from a Bermuda Cedar Tree would most likely last for centuries if properly cared for. In Bermudian folk culture, cedar berries were used to combat certain illnesses and to add flavor to traditional dishes.

NOVEMBER 2019

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JANUARY 2020

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Information obtained from 'Bermudian Folk Remedies' produced by Dr. Kuni Frith and published by the Department of Community and Cultural Affairs



DECEMBER 2019

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				