

HEALTH SOLUTIONS PROMOTIONAL PLAN

January

Smoking Cessation

10 A3 Posters - 40 A5 Flyers per store

February

Head Lice/Worms

Heartkids Awareness Month
World Cancer Day **4 Feb**
National Sunnies for Sight Day **29 Feb**

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March

Women's Health

National Ovarian Cancer Awareness Week
24 Feb - 2 Mar
International Women's Day **8 March**
World Kidney Day **13 March**
World's Greatest Shave: Leukemia
Foundation **13 - 15 March**
Coeliac Awareness Week **13 - 20 March**
Brain Awareness Week **17- 23 March**
National Youth Tobacco Free Day
19 March

Bandaged Bear Day
14 March

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April

Senior's Health

NSW Seniors Week **6 - 13 April**
Arthritis Australia Awareness Week
6 - 12 April
World Parkinson's Day **11 April**
World Health Day **7 April**

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May

Heart Health

Heart Week **4 - 10 May**
World Asthma Day **6 May**
World No Tobacco Day **31 May**
Kidney Health Week **24 - 31 May**
Australia's Biggest Morning Tea
22 May

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June

Men's Health

International Men's Health Week
9 - 15 June
Bowel Cancer Awareness Week
8 - 14 June
Macular Degeneration Awareness Week
25 - 31 June
Red Nose Day
27 June

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July

Diabetes

National Diabetes Week **13 - 19 July**
Wee Week - Kidney Health **20 - 26 July**

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August

Pregnancy Health

World Breastfeeding Week **1 - 7 August**
National Glaucoma Week
17 - 23 August
Healthy Bones Week **3 - 9 August**
Jeans for Genes Day
1 August
Daffodil Day
22 August

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September

Asthma & Eczema

National Asthma Week
1 - 5 September
Eczema Awareness Week
1 - 7 September
World First Aid Day **13 September**

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October

Osteoporosis

World Osteoporosis Day **20 October**
International Day of Older Persons
1 October
National Nutrition Week **12 - 18 October**
Girls Night In - Cancer Council
Month of October
National Bandanna Day - Canteen
24 October
Pink Ribbon Day
27 October
Walk to Work Day 3 October
Ride to Work Day 15 October

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November

Skin Cancer & Sun Protection

National Skin Cancer Action Week
16 - 22 November

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December

Focus on Christmas

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