

Major National & Worldwide Health Events In 2011 & Ideas To Help Raise Awareness



February

4/02/11 World Cancer Day | [Health Initiative: Anti Oxidants & Superfoods Cooking Demo & Food Tasting](#)

February: Ovarian Cancer Awareness Month: Nationwide | [Health Initiative: Women's Health Seminar](#)

March

6 March March For Melanoma | [Health Initiative: Skin Checks At Work](#)

10 March – World Kidney Day | [Health Initiative: Diabetes Awareness Seminar](#)

13-20 March - Coeliac Awareness Week – Nationwide | [Health Initiative: Gluten Free Cooking Demo & Food Tasting](#)
Interactive & Fun & Gluten Free Recipe Booklets For Attendees | [Coeliac Seminar](#) This Interactive session is a great to assist in explaining about life with coeliac disease, with many helpful hints. We discuss the process of diagnosis, future care, health issues and living with a gluten free diet.

April

7 April World Health Day – Worldwide | [Health Initiative: A Health Expo or A Health Week with Massage, Health Checks, Healthy Showbags and Health Seminar \(Building Resilience & Optimal Nutrition\)](#)

May

10-16 May - International ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome) Week - Nationwide & **12 May** - International ME/CFS Day | [Health Initiative: Fatigue and Resilience Seminar](#)

26 May - Australia's Biggest Morning Tea - Nationwide - Cancer Council Australia | [Health Initiative Healthy Morning Tea Cooking Demo, Gluten Free/Low Fat/Low Sugar Muffins \(Banana Muffins & Lemon & Coconut Muffins, Blueberry & Ricotta](#)

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June

05-12 June Bowel Cancer Awareness Week – Nationwide & **08 June** - Red Apple Day – Bowel Cancer Awareness, Nationwide | Health Initiative: 10,000 Steps Exercise Program

13-19 Men's Health Week | Health Initiative: Men's Health Seminar (Topics Include: Testosterone, Prostate, Cardio Vascular Disease, Depression, Alcohol & Drugs)

19-25 June - Drug action week (DAW) - Nationwide - Alcohol and Other Drugs Council of Australia | Health Initiative: Alcohol & Drugs Seminar (Hot Topics Dopamine Deficiency & Dopamine Excess & Nutritional Tips)

July

Winter Begins - Nationwide | Health Initiative: Winter Warmers Cooking Demo & Food Tasting

August

01 -07 August – National Healthy Bones Week
Health Initiative: 4-Week Exercise Program (2 x 45 min sessions Per Week, At Work)

31 August 2010 – National Meals on Wheels Day →www.mealsonwheels.org.au
Health Initiative: Fast & Fabulous Cooking Demo (Lunches and Dinners)

September

Footy Finals NRL & ALF Final Series Health Initiative: AFL/NRL Games Day (This is a short 15 minute fun games session to celebrate our love of football and rugby (Includes The Footy Relay, Handball/backwards Pass Competition)

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October

01-31 October – Beyond Blue Depression Awareness Month

Health Initiative: [Wellbeing Seminar](#) (Focus Reducing Stress & Building Resilience)

01-31 October – Breast Cancer Awareness – Nationwide, Girls Night In & **24 October** - Pink Ribbon Day - Nationwide - | [Health Initiative: Women's Health Seminar](#)

November

01-30 November - MOverember Changing the Face of Men's Health - Nationwide | [Health Initiative: Men's Health Seminar](#)
(Topics Include: Testosterone, Prostate, Cardio Vascular Disease, Depression, Alcohol & Drugs)



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