

January	
Return to work	
February – Get Fit Month	
5+ A Day Challenge	http://www.5aday.co.nz
Bike Wise Month	www.bikewise.co.nz
Weetbix Triathlon	www.tryathlon.weetbix.co.nz
Relayforlife	www.relayforlife.org.nz
Mountain to Surf (early March)	www.mountaintosurf.co.nz
March – Body and Mind Month	
Melanoma Awareness Month	www.melanoma.org.nz/
Walk to Work Month	http://www.livingstreets.org.nz/walk2work
Brain Awareness Week	www.brainweek.co.nz
International day of Happiness	http://www.un.org/en/events/happinessday/
April – All about the H, S and E	
H - World health day	www.who.int/campaigns/world-health-day/
S - World Day of Safety and Health at Work	http://www.ilo.org/safework/events/safeday/lang--en/index.htm
E - World Earth Day	http://www.earthday.org/
May – Road Safety	
Road Safety Week	http://brake.org.nz/campaigns-events/events-training/road-safety-week
May (alternative) – Give a Hand (hands, pinkies, help etc)	
World Hand Hygiene Day	www.handhygiene.org.nz
New Zealand Sign Language Week	www.deaf.org.nz/nzslw-about
Pink Shirt Day (Stop bullying)	www.pinkshirtday.org.nz/
Pink Ribbon Breakfast Month	http://pinkribbonbreakfast.co.nz/
Red Shield Appeal - Salvation Army	www.salvationarmy.org.nz
June – Eating Right	
Men's Health Month / Week	www.menshealthnz.org.nz
Junk Free June	www.junkfreejune.org.nz/
40 hr famine	www.worldvision.org.nz/portal/famine/
July – Saying No	
Dry July	www.dryjuly.com
August – Caring for our Kids	
Heart Awareness Month (Children)	www.heartnz.org.nz/
Daffodil Awareness Month (Cancer)	www.daffodilday.org.nz
Parent to Parent Awareness week	www.parent2parent.org.nz
International Youth Day	www.myd.govt.nz
Fathers' Day Campaign	(September)
September – Blue September	
Blue September	www.blueseptember.org.nz
October – Get Ready	
Get Ready Week	http://www.civildefence.govt.nz/cdem-sector/public-education/get-ready-week/
Stoptober (smoke free NZ)	http://www.stoptober.nz/
November - Movember	
Movember	www.nz.movember.com/
November – Actions against violence	
Buddy Day (prevention of child abuse)	www.buddyday.org.nz
World Day for the prevention of abuse and violence against children	http://www.woman.ch/june09/children/1-introduction.php
White Ribbon day	www.whiteribbon.org.nz
December –	
Surf Life Saving NZ National Summer Appeal	www.surflifesaving.org.nz