

## CWA | International Wellness Special Dates

Month & Day	International Event
<b>January</b>	
January 1	New Year's Day (Global - Wellness resolutions)
January 24	International Day of Education (UNESCO)
<b>February</b>	
February 4	World Cancer Day
February 11	International Day of Women and Girls in Science
<b>March</b>	
March 8	International Women's Day
March 15	World Sleep Day (3rd Friday in March)
March 20	International Day of Happiness
March 22	World Water Day
<b>April</b>	
April 7	World Health Day
April 10–13	FIBO Global Fitness Expo (Cologne, Germany)
April 22	Earth Day
<b>May</b>	
May 12	International Nurses Day
May 15	International Day of Families
May 20	World Meditation Day
May 31	World No Tobacco Day
<b>June</b>	
June 5	World Environment Day
June 14	Global Wellness Day (2nd Saturday of June)
June 21	International Day of Yoga
<b>July</b>	
July 17–19	IDEA World Fitness Convention (Sacramento, USA)
July 24	International Self-Care Day
July 30	International Day of Friendship
<b>August</b>	

August 12	International Youth Day
August 19	World Humanitarian Day
<b>September</b>	
September 10	World Suicide Prevention Day
September 21	International Day of Peace
Last Week Sept.	World Reflexology Week
<b>October</b>	
October 10	World Mental Health Day
October 16	World Food Day
October (dates TBA)	Global Wellness Summit (St. Andrews, Scotland)
<b>November</b>	
November 14	World Diabetes Day
November 16	International Day for Tolerance
<b>December</b>	
December 1	World AIDS Day
December 3	International Day of Persons with Disabilities
December 10	Human Rights Day