

CWA | International Wellness Special Dates

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

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