



2022

HEALTH PROMOTION CALENDAR



GOVERNMENT OF BERMUDA
Department of Health

Health Promotion Calendar © 2021
Produced by the Department of Health
Designed by: Department of Communications

For queries contact: healthpromotion@gov.bm or call 278-4900
www.gov.bm
Printed by: Bermuda Press Ltd.

2022 ALPHABETICAL LISTING OF OBSERVANCES

OBSERVANCE	DATE	ORGANIZATION	TELEPHONE
Alcohol and Drug Addiction Recovery Month	September Month	Department for National Drug Control / Mid-Atlantic Wellness Institute	292-3049 / 236-3770
Alcohol Awareness Month	April Month	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Alzheimer's Awareness Month	September Month	Action on Alzheimer's and Dementia	707-0600
Autism Awareness Month	April Month	Bermuda Autism Support and Education Society	www.bermudaautism.bm
AXA End to End	May 7	Bermuda End to End	292-6992
Bermuda Day	May 27	Department of Community and Cultural Affairs	292-1681
Boxing Day	December 26		
Breast Cancer Awareness Month	October Month	Bermuda Cancer and Health Centre	236-1001
Breastfeeding Month	August Month	Department of Health	278-6460
Caribbean Wellness Day	September 10	Health Promotion Office	278-4900
Celebrating Wellness Day	September 28	Health Promotion Office	278-4900
Cervical Health Awareness Month	January Month	Bermuda Cancer and Health Centre / Department of Health	236-1001 / 278-6441
Child Abuse Prevention Month	September Month	Child and Family Services	296-7575
Child Sexual Abuse Awareness & Prevention Month	April Month	SCARS (Saving Children and Revealing Secrets)	297-2277
Christmas Day	December 25		
Chronic Disease Awareness Month	November Month	Bermuda Hospitals Board	236-2345
Chronic Disease Awareness Week	November 14 - 19	Bermuda Hospitals Board	236-2345
Colorectal Cancer Awareness Month	March Month	Bermuda Cancer and Health Centre	236-1001
Denim for Diabetes Day	November 18	Bermuda Diabetes Association	297-8427
Diabetes Awareness Month	November Month	Bermuda Diabetes Association	297-8427
Dietitian's Day	March 9	Nutrition Services / Bermuda Dietitians Association	278-6469
Domestic Violence Awareness Month	October Month	Centre Against Abuse	292-4366
Dyslexia Awareness Day	October 15	Decoding Dyslexia BDA	707-5737
Dyslexia Awareness Month	October Month	Decoding Dyslexia BDA	707-5737
Earth Day	April 22	Greenrock	747-7625
Emancipation Day (Cup Match)	July 28		
EMS Week	May 15 - 21	Bermuda Hospitals Board	236-2345
Ethics Awareness Week	October 31 - Nov. 4	Bermuda Hospitals Board - Ethics Committee	236-2345
Falls Prevention Awareness Day	September 22	Bermuda Hospitals Board	236-2345
Falls Prevention Week	September 18 - 24	Bermuda Hospitals Board	236-2345
Father's Day	June 19		
Fight the Bite (Mosquito Awareness Month)	July Month	Environmental Health	278-5397
Forensic Nurses Week	November 13 - 19	SART / Maternal Health	278-6475
Foster Parent Month	May Month	Child and Family Services	296-7575
Good Friday	April 15		
Gynaecological Cancer Awareness Month	September Month	Bermuda Cancer and Health Centre	236-1001
Health Care Quality Week	October 16 - 22	Bermuda Hospitals Board	236-2345
Heart Month	February Month	Bermuda Heart Foundation / Bermuda Hospitals Board	232-2673 / 236-2345
HIV Awareness Month	June Month	Sexual and Reproductive Health Clinic	278-6442
HIV Testing Day	June 27	Sexual and Reproductive Health Clinic /Epidemiology and Surveillance Unit	278-6442 / 278-6505
Hour of Air	April 14	Open Airways	232-0264
Human Rights Day	December 10	Human Rights Commission	295-5859
Hurricane Preparedness Awareness Week	May 30 - June 3	Emergency Measures Organization	247-1093
International Clean Hands Week	September 18 - 24	Community Health Nursing	278-6456
International Day Against Drug Abuse & Illicit Trafficking	June 26	Department for National Drug Control	292-3049
International Day for Disaster Reduction	October 13	Bermuda Red Cross	236-8253
International Day for the Elimination of Racial Discrimination	March 21	Human Rights Commission	295-5859
International Day of Families	May 15	Child and Family Services	296-7575
International Day of Older Persons	October 1	Ageing and Disability Services	292-7802
International Day of Persons with Disabilities	December 3	Ageing and Disability Services/Bermuda Hospitals Board	292-7802/236-2345
International Infection Prevention Week	October 16 - 22	Bermuda Hospitals Board	236-2345
International Nurses Day	May 12	Community Health Nursing / Bermuda Nurses Association	278-6460
International Water Safety Day	May 15	Department of Parks - Lifeguard Services	236-5902
Know Alcohol Day	April 29	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Labour Day	September 5		
Lung Cancer Awareness Month	June Month	Bermuda Cancer and Health Centre	236-1001
Mammography Day	October 21	Bermuda Cancer and Health Centre	236-1001
Mary Prince Day	July 29		
Melanoma Awareness Month	May Month	Bermuda Cancer and Health Centre	236-1001
Melanoma Monday	May 2	Bermuda Cancer and Health Centre	236-1001
Men's Health Month	November Month	Bermuda Cancer and Health Centre	236-1001
Mental Health Awareness Month	May Month	Employee Assistance Programme Bermuda (EAP)	292-9000
Mental Health Awareness Week	October 2 - 8	Mid-Atlantic Wellness Institute	236-3770
Mother's Day	May 8		
Move for Health Day	May 10	Health Promotion Office	278-4900
MOvember Bermuda	November Month	Bermuda Cancer and Health Centre	236-1001
Multiple Sclerosis Awareness Week	March 12 -19	Multiple Sclerosis Society of Bermuda	
National Heroes' Day	June 20	Department of Community and Cultural Affairs	292-1681
Neonatal Nurses Week	September 12 - 17	Bermuda Hospitals Board	236-2345
New Year's Day	January 1		
Nurses Month	May Month	Bermuda Nurses Association	291-0294
Nutrition Month	March Month	Nutrition Services / Bermuda Dietitians Association/Bermuda Hospitals Board	278-6469/236-2345
Oral Health Month	February Month	Oral Health	278-6440
Ovarian Cancer Awareness Month	September Month	Bermuda Cancer and Health Centre	236-1001
Pediatric Nurses Week	October 3 - 7	Bermuda Hospitals Board	236-2345
Positive Parenting Month	April Month	Child Development Programme	295-0746
Prostate Cancer Awareness Month	November Month	Bermuda Cancer and Health Centre	236-1001
Public Health Week	April 4- 8	Health Promotion Office	278-4900
Relay for Life	May 13 - 14	Bermuda Cancer and Health Centre	236-1001
Remembrance Day	November 11		
Rodent Control Awareness Month	March Month	Vector Control	278-5397
Sexual and Reproductive Health Day	February 12	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance Unit	278-6442 / 278-6505
Sexual and Reproductive Health Week	February 6 - 12	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance Unit	278-6442 / 278-6505
Sickle Cell Awareness Month	September Month	Bermuda Sickle Cell Association	331-1685
Stroke Awareness Month	May Month	Bermuda Hospitals Board	236-2345
Stroke Awareness Week	October 24 - 29	Bermuda Hospitals Board	236-2345
Sun Smart Month	March Month	Bermuda Cancer and Health Centre	236-1001
Teen Dating Violence Awareness Month	February Month	Centre Against Abuse	292-4366
Teen Pregnancy Prevention Day	May 4	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Teen Pregnancy Prevention Month	May Month	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Vaccination Week	April 24 - 30	Child and School Health	278-6460
Week of the Young Child	April 2 - 8	Bermuda Association for the Education of Young Children	
World AIDS Day	December 1	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance	278-6442 / 278-6505
World Alzheimer's Day	September 21	Action on Alzheimer's and Dementia	707-0600
World Asthma Day	May 3	Open Airways	232-0264
World Autism Awareness Day	April 2	Bermuda Autism Support and Education Society	basebda@yahoo.com
World Blood Donor Day	June 14	Bermuda Hospitals Board- Blood Donor Centre	236-5067
World Breastfeeding Week	August 1 - 7	Department of Health	278-6460
World Cancer Day	February 4	Bermuda Cancer and Health Centre	236-1001
World Children's Day	November 20	Family Centre	232-1116
World COPD Day	November 16	Open Airways	232-0264
World Day for Safety and Health at Work	April 28	Bermuda Hospitals Board / Environmental Health	236-2345 / 278-5333
World Diabetes Day	November 14	Bermuda Diabetes Association/Bermuda Hospitals Board	297-8427
World Elder Abuse Awareness Day	June 15	Age Concern Bermuda	238-7525
World Hand Hygiene Day	May 5	Bermuda Hospitals Board	236-2345
World Health Day	April 7	Health Promotion Office	278-4900
World Hypertension Day	May 17	Community Health Nursing	278-6460
World Kidney Day	March 10	Bermuda Hospitals Board - Beresford Swan Dialysis Unit	236-2345
World Mental Health Day	October 10	Mid-Atlantic Wellness Institute	236-3770
World No-Tobacco Day	May 31	Department for National Drug Control	292-3049
World Occupational Therapy Day	October 27	Community Rehabilitation	278-6427
World Physiotherapy Day	September 8	Community Rehabilitation	278-6427
World Red Cross Day	May 8	Bermuda Red Cross	236-8253
World Sight Day	October 13	Vision Bermuda	292-3231
World Stroke Day	October 29	Bermuda Hospitals Board	236-2345



DECEMBER 2021						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MONTHLY OBSERVANCES						
• Cervical Health Awareness Month						

JANUARY 2022

S	M	T	W	T	F	S
26	27	28	29	30	31	1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



JANUARY 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

MARCH 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MONTHLY OBSERVANCES						
<ul style="list-style-type: none">• Oral Health Month• Heart Month• Teen Dating Violence Awareness Month						

FEBRUARY 2022

S	M	T	W	T	F	S
30	31	1	2	3	4 World Cancer Day	5
Sexual and Reproductive Health Week 6-12						
6	7	8	9	10	11	12 Sexual and Reproductive Health Day
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5



FEBRUARY 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

APRIL 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MONTHLY OBSERVANCES
<ul style="list-style-type: none">Colorectal Cancer Awareness MonthNutrition MonthRodent Control Awareness MonthSun Smart Month

MARCH 2022

S	M	T	W	T	F	S
27	28	1	2	3	4	5
6	7	8	9 Dietitian's Day	10 World Kidney Day	11	12
Multiple Sclerosis Awareness Week 12 – 19						
13	14	15	16	17	18	19
20	21 International Day for the Elimination of Racial Discrimination	22	23	24	25	26
27	28	29	30	31	1	2



MARCH 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MAY 2022						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONTHLY OBSERVANCES
<ul style="list-style-type: none">• Alcohol Awareness Month• Autism Awareness Month• Positive Parenting Month• Child Sexual Abuse Awareness and Prevention Month

APRIL 2022

S	M	T	W	T	F	S
27	28	29	30	31	1	
						2 World Autism Awareness Day
Week of the Young Child April 2-8						9
3	Public Health Week 4-8					16
	4	5	6	7 World Health Day	8	
10	11	12	13	14 Hour of Air	15 Good Friday	
17	18	19	20	21	22 Earth Day	23
Vaccination Week April 24-30						
24	25	26	27	28 World Day for Safety and Health at Work	29 Know Alcohol Day	30



APRIL 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE 2022						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MONTHLY OBSERVANCES
<ul style="list-style-type: none">• Foster Parent Month• Teen Pregnancy Prevention Month• Melanoma Awareness Month• Nurses Month• Mental Health Awareness Month• Stroke Awareness Month

MAY 2022

S	M	T	W	T	F	S
1	2 Melanoma Monday	3 World Asthma Day	4 Teen Pregnancy Prevention Day	5 World Hand Hygiene Day	6	7 AXA End to End
8 Mother's Day World Red Cross Day	9	10 Move for Health Day	11	12 International Nurses Day	Relay for Life 13 – 14	
					13	14
EMS Week 15 – 21						
15 International Day of Families International Water Safety Day	16	17 World Hypertension Day	18	19	20	21
22	23	24	25	26	27 Bermuda Day	28
29	30	Hurricane Preparedness Awareness Week, May 31 - June 3				4
		31 World No-Tobacco Day	1	2	3	



MAY 2022						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JULY 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

MONTHLY OBSERVANCES						
<div><div></div><div>HIV Awareness Month</div><div></div><div>Lung Cancer Awareness Month</div><div></div></div>						

JUNE 2022

S	M	T	W	T	F	S
29	30	Hurricane Preparedness Awareness Week, May 31 - June 3				4
		31	1	2	3	
5	6	7	8	9	10	11
12	13	14 World Blood Donor Day	15 World Elder Abuse Awareness Day	16	17	18
19 Father's Day	20 National Heroes' Day	21	22	23	24	25
26 International Day Against Drug Abuse & Illicit Trafficking	27 HIV Testing Day	28	29	30	1	2



JUNE 2022						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

AUGUST 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MONTHLY OBSERVANCES

- Fight the Bite (Mosquito Awareness Month)

JULY 2022

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Emancipation Day (Cup Match)	29 Mary Prince Day (Cup Match)	30
31						



JULY 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

SEPTEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MONTHLY OBSERVANCES						
• Breastfeeding Month						

AUGUST 2022

S	M	T	W	T	F	S
31	World Breastfeeding Week 1 - 7					
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



AUGUST 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

MONTHLY OBSERVANCES						
<ul style="list-style-type: none">• Alcohol and Drug Addiction Recovery Month• Alzheimer’s Awareness Month• Child Abuse Prevention Month• Gynaecological Cancer Awareness Month• Ovarian Cancer Awareness Month• Sickle Cell Awareness Month						

SEPTEMBER 2022

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5 Labour Day	6	7	8 World Physiotherapy Day	9	10 Caribbean Wellness Day
11	Neonatal Nurses Week 12 – 17					
	12	13	14	15	16	17
Falls Prevention Week/International Clean Hands Week 18 – 24						
18	19	20	21 World Alzheimer’s Day	22 Falls Prevention Awareness Day	23	24
25	26	27	28 Celebrating Wellness Day	29	30	1



SEPTEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MONTHLY OBSERVANCES
<ul style="list-style-type: none">• Breast Cancer Awareness Month• Domestic Violence Awareness Month• Dyslexia Awareness Month

OCTOBER 2022

S	M	T	W	T	F	S
25	26	27	28	29	30	1 International Day of Older Persons
Mental Health Awareness Week 2 – 8						
2	Pediatric Nurses Week 3 – 7					8
	3	4	5	6	7	
9	10 World Mental Health Day	11	12	13 International Day for Disaster Reduction World Sight Day	14	15 Dyslexia Awareness Day
Health Care Quality Week/International Infection Prevention Week 16 – 22						
16	17	18	19	20	21 Mammography Day	22
23	Stroke Awareness Week 24 – 29					
	24	25	26	27 World Occupational Therapy Day	28	29 World Stroke Day
30	31					



OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MONTHLY OBSERVANCES						
<ul style="list-style-type: none">• Chronic Disease Awareness Month• Diabetes Awareness Month• MOvember Bermuda• Prostate Cancer Awareness Month• Men's Health Month						

NOVEMBER 2022

S	M	T	W	T	F	S
30	Ethics Awareness Week October 31 – November 4					5
	31	1	2	3	4	
6	7	8	9	10	11 Remembrance Day	12
Forensic Nurses Week 13 – 19						
13	Chronic Disease Awareness Week 14 – 19					19
	14 World Diabetes Day	15	16 World COPD Day	17	18 Denim for Diabetes Day	
20 World Children's Day	21	22	23	24	25	26
27	28	29	30	1	2	3



NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONTHLY OBSERVANCES						

DECEMBER 2022

S	M	T	W	T	F	S
27	28	29	30	1 World AIDS Day	2	3 International Day of Persons with Disabilities
4	5	6	7	8	9	10 Human Rights Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26 Boxing Day	27	28	29	30	31