



POSITIVELY ALIVE

2024

Employee Health Awareness Days Calendar



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BEE Exempt - Micro Enterprise Level 4 EME Entity



SERVICES SETA Accreditation No: 13392



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JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	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

Health Awareness Days

Jan 01 New Year's Day

Wellness Days South Africa

JANUARY

Sunsmart Skin Cancer Awareness Month (1 December to 31 January)

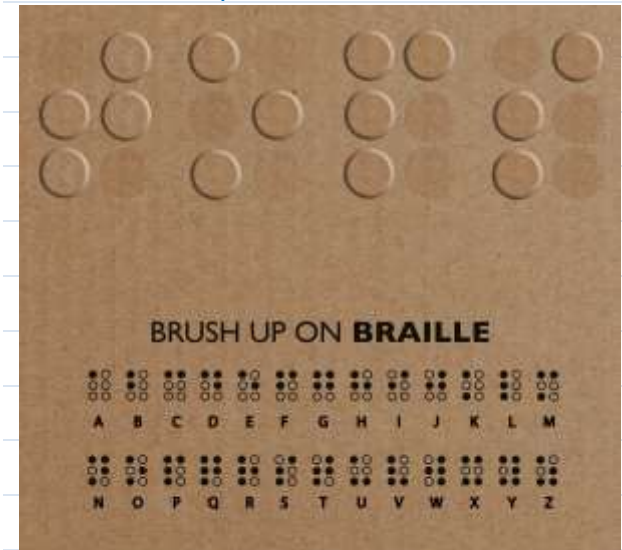
4 World Braille Day
28 World Leprosy Day

International Wellness Days

Jan 30 WHO World Neglected Tropical Diseases Day

Jan CDC - Cervical Cancer Awareness Month

Jan 30 World Leprosy (Hansen's disease) Day



WORLD BRAILLE DAY

FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	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	1	2

Health Awareness Days

Wellness Days South Africa

FEBRUARY
Healthy Lifestyle Awareness Month / Reproductive Health Month

- 4 World Cancer Day
- 6-10 Pregnancy Awareness Week
- 6-10 STIs / Condom Week
- 12 International Epilepsy Day
- 13-20 National Epilepsy Week
- 15 Healthy Lifestyle Awareness Day
- 6 -20 Mar Human papillomavirus (HPV) vaccination first round



MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	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	4	5	6

Health Awareness Days

Mar 21 Human Rights Day

Mar 29 Good Friday

Mar 31 Easter

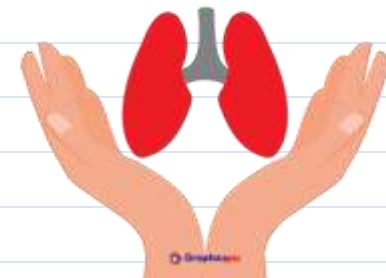
Wellness Days South Africa

MARCH

TB Awareness Month

- 3 World Hearing Day
- 3 World Birth Defects Day
- 4 World Obesity Day
- 8 International Women's Day
- 10-16 World Glaucoma Week
- 12 World Glaucoma Day
- 14 World Kidney Day
- 20 World Head Injury Awareness Day
- 21 Human Rights Day
- 21 World Down Syndrome Day
- 24 World TB Day

MARCH 24
**WORLD
TUBERCULOSIS
DAY**



APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	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	1	2	3	4

Health Awareness Days

Apr 01 Family Day

Apr 27 Freedom Day

Wellness Days South Africa

APRIL

Health Awareness Month

- 2 World Autism Awareness Day
- 7 World Health Day
- 17 World Haemophilia Day
- 24-30 African Vaccination Week
- 25 World Malaria Day

International Wellness Days

April 14 WHO – World Changa Disease Day



MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	29	30	31	1

Health Awareness Days

May 01 Workers Day

May 25 Africa Day

Wellness Days South Africa

MAY	
Anti-Tobacco Campaign Month/Burns Awareness Month, International Multiple Sclerosis Month	
5-11	Hospice Week
5	World Hand Hygiene Day
5	International Midwives Day
8	World Red Cross Day
10	Global Move for Health Day
12	International Awareness Day for Chronic Immunological and Neurological Diseases
12	International Nurses Day
13-17	National Burns Awareness Week
15-15June	Go Torquise for the Eldery Campaign
17	World Hypertension Day
28	International Day of Action for Women's Health
26-2June	Child Protection Week
31	World No Tobacco Day

International Wellness Days

May 20 - 26 Salt Awareness Week



JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	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	1	2	3	4	5	6

Health Awareness Days

Jun 16 Youth Day

Jun 17 Youth Day Holidays

Wellness Days South Africa

JUNE

Men's Health / National Blood Donor / National Youth Month / Go Torquise for the Elderly / Campaign

- 1 International Children's Day
- 2 National Cancer Survivors Day
- 5 World Environment Day
- 7 World Food Safety Day
- 5-11 World Heart Rhythm Week
- 14 World Blood Donor Day
- 15 World Elder Abuse Awareness Day
- 16 Youth Day
- 24-30 SANCA Drug Awareness Week
- 25 World Vitiligo Day
- 26 International Day Against Drug Abuse and Illicit Drug Trafficking

**June is
Men's Health
Month**



JULY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	29	30	31	1	2	3

Health Awareness Days

Jul 18 Nelson Mandela's Birthday

Wellness Days South Africa

JULY

Mental Illness Awareness Month

- 1-5 Corporate Wellness Week
- 11 World Population Day
- 18 Nelson Mandela International Day
- 28 World Hepatitis Day



AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	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

Health Awareness Days

Aug 09 National Women's Day

Wellness Days South Africa

AUGUST

Bone Marrow Stem Cell Donation and Leukaemia / Awareness Month (15 August to 15 October)
National Women's Month / Organ Donor Month / Child Health Month

- 1-7 World Breastfeeding Week
- 1-7 Rheumatic Fever and Rheumatic Heart Disease Awareness Week
- 9 National Women's Day
- 12 International Youth Day
- 26-31 African Traditional Medicine Week
- 31 African Traditional Medicine Day



SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	1	2	3	4	5

Health Awareness Days

Sep 24 Heritage Day

Wellness Days South Africa

SEPTEMBER

Albinism Awareness Month / Bone Marrow Stem Cell Donation and Leukaemia Awareness Month (15 August to 15 October) / Cervical Cancer Awareness Month / Childhood Cancer Awareness Month / Eye Care Awareness Month (20 September to 17 October) / Muscular Dystrophy Awareness Month / Heart Awareness Month / National Month of Deaf People / National Oral Health Month / Pharmacy Month

- 2-6 National Kidney Awareness Week
- 9 International Foetal Alcohol Syndrome Day
- 10 International Gynaecological Health Day
- 14 National Attention Deficit Hyperactivity Disorder Day
- 17 World Patient Safety Day
- 18-24 World Retina Week
- 20 World Sunflower Day
- 21 World Alzheimer's Day
- 25 World Pharmacist Day
- 26 World Environmental Health Day
- 26 World Contraception Day
- 28 World Rabies Day
- 28 World Retina Day
- 29 World Heart Day

International Wellness Days

Sept Prostate Awareness Month



OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	29	30	31	1	2

Health Awareness Days

Wellness Days South Africa

OCTOBER

- Attention Deficit Hyperactivity Disorder Month / Bone Marrow Stem Cell Donation and Leukaemia Awareness Month (15 August to 15 October) / Eye Care Awareness Month (21 September to 18 October)
- Breast Cancer Awareness Month / Mental Health Awareness Month
- 1-15 Nov Human papillomavirus (HPV) vaccination second round
- 1 International Day of Older Persons
- 7-11 School Health Week
- 8-14 National Case Management Week
- 9-15 National Nutrition Week
- 10 World Mental Health Day
- 12 World Arthritis Day
- 12 World Sight Day
- 12-20 World Bone and Joint Week
- 12 World Hospice and Palliative Care Day
- 13 International Day for Natural Disaster Reduction
- 15 Global Handwashing Day
- 16 World Food Day
- 16 World Spine Day
- 16 World Restart A Heart Day
- 7-11 School Health Week
- 17 World Trauma Day
- 17 International Day for the Eradication of Poverty
- 17 National Emergency Medical Services Day
- 20 National Down Syndrome Day
- 20 World Osteoporosis Day
- 21 Global Iodine Deficiency Disorders Prevention Day
- 24 World Polio Day
- 20-26 International Lead Poisoning Prevention Week
- 28-3 Nov National Stroke Week
- 29 World Stroke Day
- 30 Africa Food and Nutrition Security Day

WORLD
STROKE
DAY



October 29

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	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

Health Awareness Days

Wellness Days South Africa

NOVEMBER

Quality Month / Red Ribbon Month

- 2 National Children's Day
- 6 SADC Malaria Day
- 8 World Radiography Day
- 13-15 Rotary Family Health Day Campaign Campaign
- 14 World Quality Day
- 14 World Diabetes Day
- 18-24 World Antimicrobial Awareness Week
- 17 World Prematurity Day
- 18-24 World Antimicrobial Awareness Week
- 25 International Day for the Elimination of Violence against Women
- 25 to 10 Dec 16 Days of Activism for No Violence Against Women and Children

International Wellness Days

Nov 17

WHO – Cervical Cancer Elimination Day of Action



DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	4

Health Awareness Days

Dec 16 Day of Reconciliation

Dec 25 Christmas Day

Dec 26 Day of Goodwill

Wellness Days South Africa

DECEMBER

Prevention of Injuries Month / Sunsmart Skin Cancer Awareness Month (1 December - 31 January)







- 1 World AIDS Day
- 3 International Day of Persons with Disabilities
- 5 International Volunteer Day
- 10 International Human Rights Day
- 12 Universal Health Coverage Day



2024 SCHOOL CALENDAR

(EASTERN CAPE, FREE STATE, GAUTENG, KWAZULU-NATAL, LIMPOPO, MPUMALANGA, NORTHERN CAPE, NORTH WEST AND WESTERN CAPE PROVINCES)

January 2024							February 2024							March 2024							Public and School Holidays 2024		
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
	1	2	3	4	5	6					1	2	3						1	2	01 January	New Year's Day	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9	21 March	Human Rights Day	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16	29 March	Good Friday	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23	01 April	Family Day	
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30	27 April	Freedom Day	
														31							01 May	Workers' Day	
April 2024							May 2024							June 2024							16 June	Youth Day	
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	17 June	Public holiday	
	1	2	3	4	5	6					1	2	3	4							1	09 August	National Women's Day
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	24 September	Heritage Day	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	16 December	Day of Reconciliation	
21	22	23	24	25	26	27	19	20	21	22	23	24	25	10	11	12	13	14	15	16	25 December	Christmas Day	
28	29	30					26	27	28	29	30	31	17	18	19	20	21	22	26 December	Day of Goodwill			
														23	24	25	26	27	28	29			
July 2024							August 2024							September 2024									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
	1	2	3	4	5	6					1	2	3										
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14			
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21			
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28			
28	29	30	31				25	26	27	28	29	30	31	29	30								
October 2024							November 2024							December 2024									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
		1	2	3	4	5						1	2										
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14			
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21			
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28			
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31							

	Weekends		School days		Special school holidays
	Days for administration		Public holidays		School holidays

SUMMARY OF 2024 SCHOOL CALENDAR

Duration	No. of weeks	No. of days	No. of public holidays	Actual no. of school days
(15) 17 January – 20 March	10	46 (48)	0	46 (48)
03 April – 14 June	11	53	1+0	52
09 July – 20 September	11	54	1+0	53
01 October – (11) 13 December	11	52 (54)	0	52 (54)
Total	43	205 (209)	2+0	203 (207)



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For a quote or to schedule Employee Wellness Training Modules and awareness events at your workplace contact Alan Brand from Positively Alive.

Alan Brand

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Virtual Training Options Available



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