

February
**Healthy Eating
5-a-day**

www.tasteforhealth.com
www.eatwell.gov.uk
www.5aday.nhs.uk

March
Stop-Smoking

www.nhs.uk/smokefree
www.smokefreeliverpool.com

Health Promotion
Monthly Themes
**Campaign
Calendar**
2009

April
**Accident
Prevention**

www.rospa.com
www.capt.org.uk
www.helptheaged.org.uk

May
**Get active and
into shape...**

www.liverpoolactivecity.net
www.liverpoolchallenge.nhs.uk
www.bdaweightwise.com

June
Men's Health

www.malehealth.co.uk

July
Sun Safety

Cancer Research UK Sun Smart:
<http://tinyurl.com/2687t7>

August
**Diabetes
Awareness**

www.diabetes.org.uk

September
Sexual Health

www.fpa.org.uk
Condom Essential Wear:
<http://tinyurl.com/ycbouq>
www.ruthinking.co.uk

October
Women's Health

www.breastcancercare.org.uk
www.jotrust.co.uk

November
**Mental Health
Awareness**

www.mentalhealth.org.uk
www.mind.org.uk

December
Sensible Drinking

www.pssst.co.uk
www.nhs.uk/units

For further information please contact **Sandra King** on 0151 707 1555 extension 102

Register for campaign materials online at: www.lhps.org.uk

Coming soon: the Health Promotion month-by-month campaigns wall calendar including details of individual campaign weeks and days.