



A path to health awareness

## Description

**Health days serve a crucial purpose – they raise awareness, educate and drive action towards pressing health-related issues, providing a platform for individuals, governments, and organisations to engage in important dialogue, and improve global health outcomes.**

**World Cancer Day  
(4 February)**

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World Cancer Day is dedicated to raising awareness about cancer and promoting cancer prevention, detection, and treatment. In South Africa, where cancer rates are notably high, this day is a call to action for individuals and communities to join the fight against this devastating disease. These efforts include promoting healthy lifestyles, increasing access to cancer screenings, and supporting patients and survivors.

**Pregnancy Awareness Week  
(6-10 February)**

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Pregnancy Awareness Week highlights the importance of prenatal care and education for expectant mothers. This week aims to increase awareness of maternity-related issues, including maternal health, foetal development, and the necessity of regular medical check-ups. By focusing on education and support, this week empowers pregnant women to have healthy pregnancies and deliveries.

**International Epilepsy Day  
(10 February)**

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International Epilepsy Day sheds light on epilepsy, a neurological disorder affecting millions worldwide. In South Africa, the day emphasises the importance of understanding, acceptance and support for individuals living with epilepsy. It advocates for improved healthcare access, research into epilepsy treatments, and the eradication of stigma associated with the condition.

**World Obesity Day (4 March)**

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Raising awareness about obesity and its associated health risks is the core goal of World Obesity Day. In South Africa, where obesity is a growing health concern, this day highlights the need for comprehensive strategies to address the issue. It calls for increased education on nutrition, changes in food policies, and the promotion of active lifestyles. By tackling obesity, communities can reduce the burden of related health conditions and improve overall quality of life. While we encourage you to speak to your healthcare provider if you need to change your diet and lifestyle, we've got a few healthy food swaps to get you started on your health journey in our story "Ditch the yo-yo".

**World Kidney Day  
(13 March)**

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World Kidney Day focuses on the importance of kidney health and the prevention of kidney disease. It advocates for regular screening, a healthy diet, and lifestyle choices which maintain kidney function. By promoting early detection and preventive measures, World Kidney Day aims to reduce the incidence and impact of kidney disease. And, of course, one of the things we can do to help our kidneys function at their best is to drink enough water. Check out our article “From H to O” to learn a few fun facts you might not know about water.

**World TB Day**  
**24 March**

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World TB Day is a call to action against tuberculosis, a highly infectious disease affecting millions globally. This day aims to raise awareness, inspire hope, and mobilise resources to combat TB. It highlights the importance of treatment adherence and research to develop effective vaccines and therapies. World TB Day encourages a united front in the fight against tuberculosis, striving for a TB-free world.

**Category**

1. Our Wellness

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