



Days to remember

Description

Commemorating key wellness days helps to enhance public understanding of certain health and wellness conditions, calling on communities to unite to tackle these pressing health issues and embrace inclusivity.

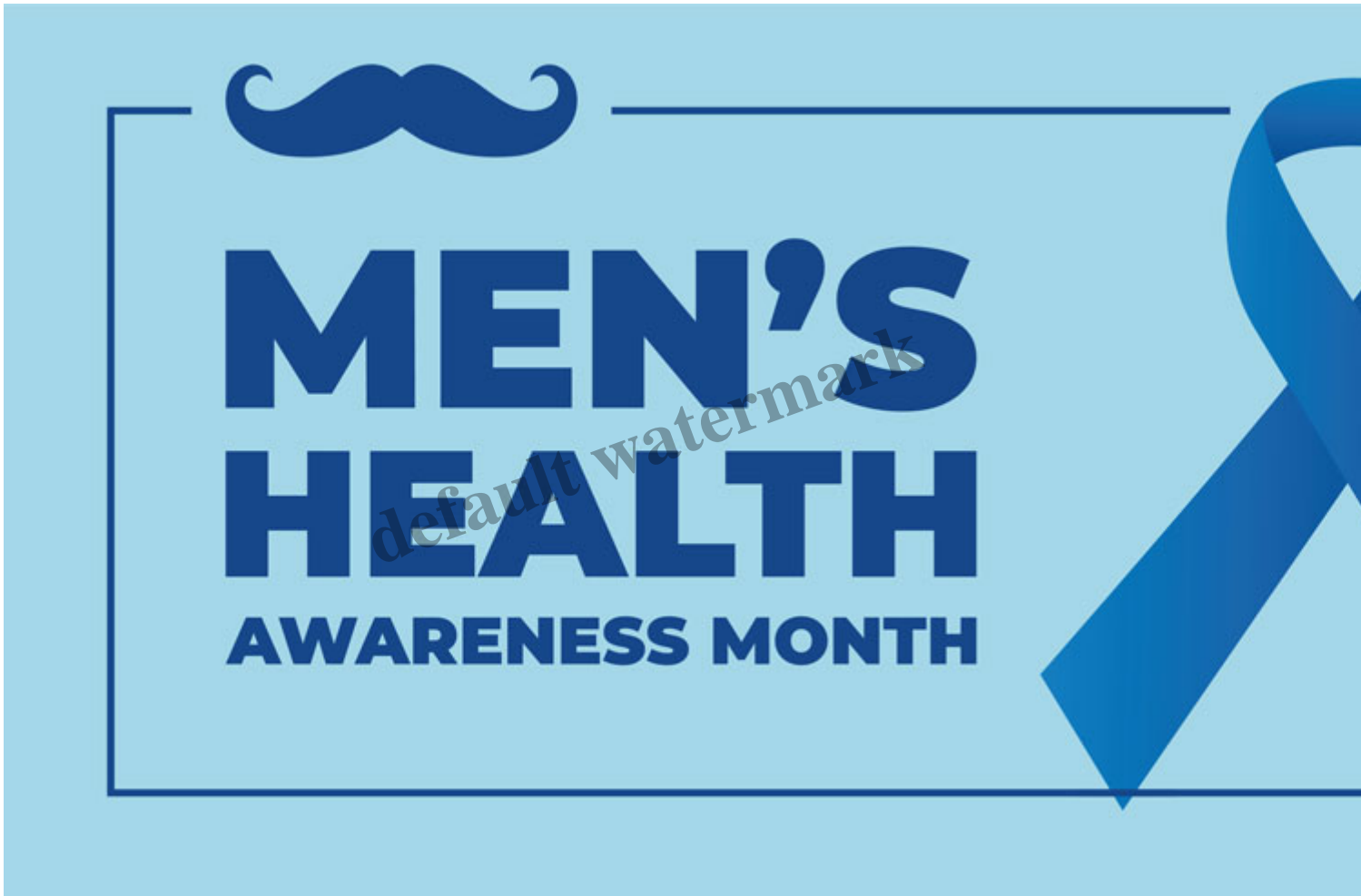
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WORLD
**MENTAL
HEALTH
DAY**

World Mental Health Awareness Month (October)

This awareness month emphasises the importance of fostering mental wellbeing and educating communities on mental health issues. It is a reminder to prioritise mental health, reduce stigma and advocate for accessible health resources globally. Read our article **Unpacking the invisible** and **A community of care**, where we discuss the issue further.



Men's Health Awareness Month (Movember) (November)

This annual campaign raises awareness for preventable health problems in men and boys, encouraging early detection and treatment. Activities include growing a moustache to raise funds and awareness for men's cancers (prostate and testicular), mental health and suicide prevention.



WORLD
DIABETES
DAY
NOVEMBER 14

**World Diabetes Day
(14 November)**

Dedicated to raising awareness about diabetes prevention and management, the day emphasises healthy lifestyle changes and early diagnosis to combat this global epidemic. Read our article, **Weight loss shots in the hotseat**, where Dr Nkateko Msimeki and the Medscheme Health Policy Unit discuss the uses and side effects of Type 2 Diabetes medications and their use in weight loss.



WORLD ANTIMICROBIAL AWARENESS WEEK NOVEMBER

World Antimicrobial Awareness Week (18-24 November)

Focused on combating antimicrobial resistance, this week urges the responsible use of antibiotics and promotes awareness about its global health risks.



16 Days of Activism for No Violence Against Women and Children (25 November–10 December)

A campaign spanning over two weeks, these 16 days underscore issues of Gender-based Violence (GBV), encouraging communities to take a stand against abuse and promote safety for all. The AfroCentric Wellness team recently launched our Family Meeting initiative and feeds back on the campaign in our article **A family meeting**.



World Aids Day (1 December)

This day reminds us to unite in the fight against HIV/Aids, support those living with the condition, and honour those who have lost their lives to this pandemic. Read our article **Let communities lead**, where we talk about the role of communities in reducing the stigma.



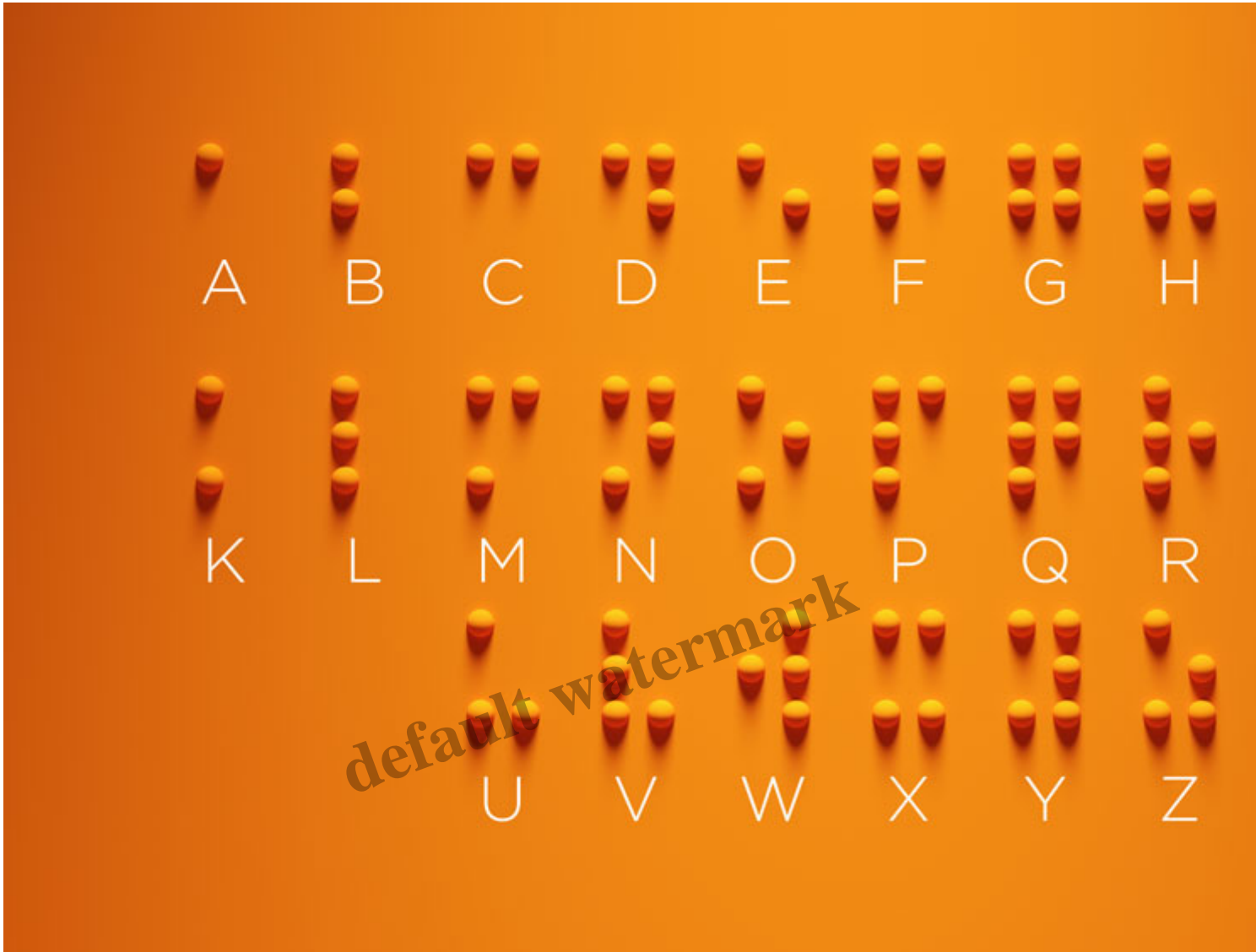
International Day of Persons with Disabilities (3 December)

This day celebrates the achievements of people with disabilities and calls for more inclusive opportunities that cater to their unique needs and talents. Along with Disability Awareness Month in November, these days highlight the rights, challenges and achievements of people living with disabilities, advocating for inclusivity and equality in all spheres of life. Read our article **Recognising your ability**, to see how AfroCentric promotes inclusivity for our disabled colleagues.



Skin Cancer Awareness Month (January)

This month focuses on the prevention of skin cancer by promoting sun-safety practices and regular skin checks, especially in South Africa's sunny climate. Read our articles **Be sun savvy** for useful tips to stay safe in the sun.



World Braille Day (4 January)

Highlighting the importance of accessible communication, this day champions literacy and education equity for the visually impaired, underscoring the value of diversity, equity and inclusion. Our article **Recognising your ability** highlights what we do as a company to help our visually impaired colleagues navigate the workplace in a fair and equitable manner.

Category

1. Our Wellness