

4 April

2024

- [Stress Awareness Month](#)
- [IBS Awareness Month](#)
- [Bowel Cancer Awareness Month](#)
- [Parkinson's Awareness Month](#)
- [Active for April](#)

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------------|-----|--------------------------|-----|-----------------------------|-----------------------|-----|
| | 1 | 2 | 3 | 4 | 5 Walk to Work Day | 6 |
| 7 World Health Day | 8 | 9 | 10 | 11 World Parkinson's Day | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 Saint George's Day | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |