



CELEBRATING 12 YEARS OF THSA

2024

MONTHLY CALENDAR



The Health Sciences Academy® is the world's largest 100% science-based, nutrition-focused online educational institution.

FOCUS OF THE MONTH

Revamp Your Grocery Basket

Make your shopping list healthier with nutrient-packed choices



01
JANUARY



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 New Year's Day, Weight Loss Awareness Month, Veganuary	2	3	4	5	6 Three Kings Day	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 THSA Menopause Health Launch	27 Parent Mental Health Day	28
29	30	31				

Notes: _____

FOCUS OF THE MONTH

Look After Your Heart

Prioritise heart-friendly foods rich in antioxidants, fibre, and healthy omegas



02 FEBRUARY



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Heart Month	2	3	4 World Cancer Day
5	6	7	8	9	10 Chinese New Year	11
12	13	14 Valentine's Day	15	16	17	18
19	20	21	22	23	24	25
26 Eating Disorders Awareness Week	27	28	29			

Notes: _____

FOCUS OF THE MONTH

Try New Nutritious Foods

Expand your palate with different fruits, vegetables, grains, and seeds



03
MARCH



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 National Nutrition Month (US)	2	3
4 World Obesity Day	5	6	7	8 International Women's Day	9	10 Ramadan begins
11 Nutrition and Hydration Week	12	13	14	15 World Sleep Day	16	17
18	19	20 World Happiness Day	21	22	23	24
25	26	27	28	29 Good Friday	30	31 Easter Sunday

Notes: _____

FOCUS OF THE MONTH

Embrace Plant-Forward, Sustainable Eating

Focus on plants and sustainability in your diet for Earth Month



04
APRIL



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Easter Monday, Stress Awareness Month	2	3	4	5	6	7 World Health Day
8	9 Eid al-Fitr begins	10	11	12	13	14
15	16	17	18	19	20	21
22 Food Allergy Awareness Week	23	24	25	26	27	28
29 Maternal Mental Health Awareness Week	30					

Notes: _____

FOCUS OF THE MONTH

Support Women's Health

Understand the evolving nutritional needs of women at each life stage



05
MAY



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Better Sleep Month, Women's Health Month	2	3	4	5
6 Early May Bank Holiday	7	8	9	10	11	12
13	14	15	16	17 World Hypertension Day	18	19
20 World Salt Awareness Week	21 World Meditation Day	22	23	24	25	26
27 Spring Bank Holiday	28	29 World Digestive Health Day	30	31		

Notes: _____

FOCUS OF THE MONTH

Look After Your Skin

Nourish your skin from the inside out with vitamins, minerals, and Omega 3s



06
JUNE



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					Men's Health Month	
3	4	5	6	7	8	9
		World Environment Day		World Food Safety Day		
10	11	12	13	14	15	16
Diabetes Awareness Week						Neurodiversity Pride Day
17	18	19	20	21	22	23
National School Sport Week				International Yoga Day		
24	25	26	27	28	29	30
World Wellbeing Week						

Notes: _____

FOCUS OF THE MONTH

Consume More Hydrating Foods

Stay cool and hydrated with water-rich fruits and vegetables



07
JULY



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Alcohol Awareness Week						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes: _____

FOCUS OF THE MONTH

Fuel Your Inner Athlete

Power your physical activities with the right fuel for your body



08
AUGUST



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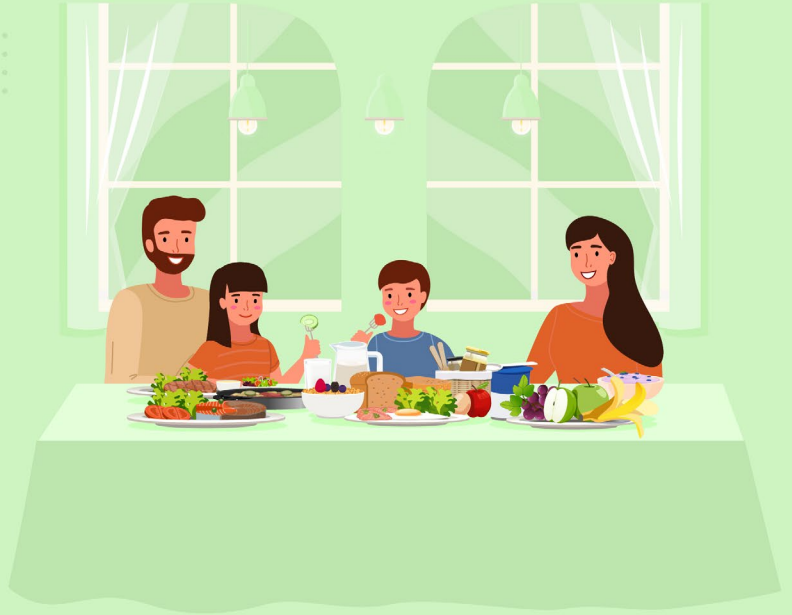
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Summer Bank Holiday	27	28 THSA 12 Year Anniversary	29	30	31	

Notes: _____

FOCUS OF THE MONTH

Enjoy Healthful Family Meals

Share the joy of nutritious eating with the whole family



09
SEPTEMBER



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Organic September, Vascular Disease Awareness Month
2	3	4	5	6	7	8
9	10	11	12	13 Coeliac Disease Awareness Day	14	15
16 Malnutrition Awareness Week (US)	17 International Day of Health Sciences	18	19	20 National Fitness Day	21	22
23	24	25	26	27	28	29 World Heart Day
30						

Notes: _____

FOCUS OF THE MONTH

Minimise Free Sugars

Swap added sugars for lower glycaemic foods to maintain healthy blood glucose levels



10
OCTOBER



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 World Vegetarian Day, National Cholesterol Month	2 Rosh Hashanah begins	3	4	5	6
7 Child Health Day	8	9	10 World Mental Health Day	11 Yom Kippur begins	12	13
14 Malnutrition Awareness Week (UK)	15	16 World Food Day	17	18 World Menopause Day	19	20
21	22	23	24	25	26	27
28	29 World Stroke Day	30	31 Halloween			

Notes: _____

FOCUS OF THE MONTH

Eat for Immune Strength

Support your immune system with vitamins and minerals this winter



11 NOVEMBER



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Diwali, Good Nutrition Month, World Vegan Month	2	3
4 Global Prebiotics Week	5	6 Stress Awareness Day	7	8	9	10
11	12	13	14 World Diabetes Day	15	16	17
18	19 International Men's Day	20	21	22	23	24
25	26	27	28 Thanksgiving (US)	29	30	

Notes: _____



2024

YEARLY CALENDAR

January 2024						
Mo	Tu	We	Th	Fr	Sa	Su
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				

February 2024						
Mo	Tu	We	Th	Fr	Sa	Su
			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			

March 2024						
Mo	Tu	We	Th	Fr	Sa	Su
				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

April 2024						
Mo	Tu	We	Th	Fr	Sa	Su
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					

May 2024						
Mo	Tu	We	Th	Fr	Sa	Su
		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		

June 2024						
Mo	Tu	We	Th	Fr	Sa	Su
					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

July 2024						
Mo	Tu	We	Th	Fr	Sa	Su
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				

August 2024						
Mo	Tu	We	Th	Fr	Sa	Su
			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	

September 2024						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

October 2024						
Mo	Tu	We	Th	Fr	Sa	Su
	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			

November 2024						
Mo	Tu	We	Th	Fr	Sa	Su
				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	

December 2024						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

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