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JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Celebration Of Life	Love	Women	Stress Awareness	Wellness & Wellbeing	Environment	Plastic Free Living	Pawldays	Nutrition	Mental Health	Community	Reflection & Celebration
JAN 1-8 Ring those bells for the New Year! Try out something new. Be creative, enjoy a hobby, tease your brain....	FEB 1-5 4: World Cancer Day. This day aims to help you understand more about cancer and inspire them to take action .	MAR 1-5 1: World Compliment Day to create the most positive day in the world. Give a compliment to someone today.		MAY 1-7 7: World Laughter Day. It boosts your mood and lengthens your life. Get your diaphragm working.	JUN 1-5 5: World Environment Day. Join the fight against pollution and other threats to our environment. Learn how you can help.	JUL 1-3 Happy Plastic Free July! May your month (and year) be filled with refillable, reusable, and sustainable options.		SEP 1-3 2: World Coconut Day. Get yourself a lovely bunch of coconuts and celebrate with these recipe ideas .		NOV 1-5 Movember. Help raise awareness for men's health issues. You might save a life. #movember	DEC 1-3 2: Happy UAE National Day! Yawm Watani Saeed! Get out there and enjoy the festivities.
JAN 9-15 11: Take The Stairs Day. A great way to make a small change that can have a big impact.		MAR 6-12 8: International Women's Day. A simple "thank you" is enough to lift a woman's spirits. More tips.	APR 3-9 7: World Health Day. Begin taking steps to improve your health. Try out these ideas to get started.	MAY 8-14 8: No Socks Day. Let your feet free! Unlock them from the prison of socks and have a ton of fun. #NoSocksDay	JUN 6-11 8: World Oceans Day. Oceans make up over 70% of our Earth. Let's go for a walk by the sea!		AUG 7-13 8: International Cat Day. Visit big cats at the zoo, pamper your furry feline friend(s) or consider taking the plunge and adopting one.		OCT 9-15 10: World Mental Health Day. Some critical parts of maintaining a healthy life: Talk about feelings, stay active & connected.	NOV 6-13 13: World Kindness Day. Donating books, food or clothes is a great way to celebrate.	DEC 4-10 5: International Volunteer Day. It feels good to do good. Choose a cause and volunteer yourself or thank a volunteer.
JAN 16-22 19: Good Memory Day. Think about past things that have brought joy, no matter how small.	FEB 13-19 14: Happy Valentine! Whether it's a romantic partner or just a friend, it is a great day to say, "I Love You".	MAR 13-19 17: World Sleep Day. Not the best lullaby singer? Check out these principles of good sleep to catch some more Zs.		MAY 15-21 21: World Meditation Day. Slow the pace of life for a time and focus on yourself, whether you're a spiritual person or not.		JUL 10-16 More plastic-free ideas? Try bringing reusable bags to the store. Take a snap and tag us @the360mix. #the360mix	AUG 14-20 19: World Humanitarian Day. Take a moment to acknowledge the #reallifeheroes who are committed to helping others.	SEP 11-17 16: Eat An Apple Day. An apple a day keeps the doctor away. Enjoy that bite!		NOV 14-19 14: World Diabetes Day. Go Blue to show your support and make lifestyle changes on this day.	
JAN 23-29 24: Global Belly Laugh Day. Read or watch something funny or celebrate past laughs. ☺		MAR 20-26 21: Mother's Day. Call, visit or plan an outing to show your mom you appreciate her, or share memories if you've lost your mom.	APR 17-23 22: Earth Day. From presentations and film screenings to cleanups, take action and help preserve the planet.		JUN 19-25 21: Father's Day. Let's honor our dads too and show them how much we appreciate them. #itsfathersday		AUG 21-27 Many animals are celebrated throughout the month of August, including dogs. Why not volunteer at a pet shelter?	SEP 18-24 21: World Gratitude Day. A little bit of gratitude can go a very long way. Send a thank you message to those you appreciate.	OCT 23-29 Never hesitate to take a mental health day when you're feeling stressed, down, or anxious. Learn more about mental health.		DEC 18-25 Happy Holidays! Spend some quality time with your friends and/or family. Enjoy the holidays!
	FEB 20-28 26: Carpe Diem Day. The ideal opportunity to celebrate life is now. Seize the day!		APR 24-30 26: Get Organized Day. Lost in a sea of clutter? Then this day might wind up being just the thing that is needed to get back on track.	MAY 29-31 31: World No Tobacco Day. Set goals for cutting back or quitting and improving your lung, heart, and mental health over time.		JUL 24-31 30: International Day of Friendship. Are you creating enough opportunities for friendships to form?		SEP 25-30 29: World Heart Day. An opportunity to stop and consider how to best use ❤️ for humanity, nature and for you. More here.	OCT 30-31 31: Happy Halloween! Get your friends/family together. Don't forget to throw in some spooky dress-ups for extra laughs.		DEC 26-31 Look back on the year and make time to celebrate your accomplishments, no matter how big or small – you've earned it!