



April 2025

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
	1 Community garden week (continued) Harmonise your health day	2 International children's book day	3	4 Walk to work day	5	6
7 World health day	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth day	23	24 On your feet Britain	25	26	27
28 World health and safety day at work day	29	30				

Notes

- Active for April month/ move more month
- Mathematics and statistics awareness month
- National pets month
- Stress awareness month