

HEALTH AND SAFETY BULLETIN

June 2026!

June, the first month of summer, holds several awareness events to promote physical activity and enjoying the great outdoors, visiting parks, picnicking, bicycling, camping, gardening, and maybe even going for a swim.

This issue explores how to safely enjoy Canada's natural environment as well as how to have a safe summer at home.

In This Issue

- Safely Enjoy the Outdoors
- Summer Safety at Home

Observances/Awareness:

Month: [Aphasia](#), [Brain Injury](#), [Canadian Men's Health](#), [Migraine & Headache](#), [National Indigenous History](#), [National Safety](#), [Parks and Recreation](#), [Perennial Garden](#), [Pride](#), [Scoliosis](#), [Spina Bifida & Hydrocephalus](#)

Days/Weeks:

[Canadian Environment Week](#): 31 May-6 Jun
[Intergenerational Day](#): 1

[Parachute Safe Kids & Cave Week](#): 1-7

[Ocean Week Canada](#): 1-8

[World Bicycle & Clean Air Day](#): 3

[World Environment Day](#): 5

[World Green Roof Day](#): 6

[National Health and Fitness Day](#): 6

[Food Safety Day](#): 7

[World Oceans Day](#): 8

[Action Anxiety Day](#): 10

[Men's Health Week](#): 14-21

[World Blood Donor Day](#): 14

[Elder Abuse & World Wind Day](#): 15

[Indigenous Peoples & Father's Day](#): 21

[Summer Solstice](#): 21

[Upcycle Day](#): 24

[National Cancer Wellness Day](#): 26

[DeafBlind Awareness Day](#): 27

[PTSD Awareness Day](#): 27

[Outdoor Equipment Maintenance Day](#): 29



