



Council of Older Persons

Cayman Islands Government

International Days of Recognition

- 1 March: **Zero Discrimination Day**
- 8 March: **International Women's Day**
- 7 April: **World Health Day**
- 28 April: **World Day of Safety & Health at Work**
- 15 May: **International Day of Families**
- 17 May: **World Hypertension Day**
- 31 May: **World No-Tobacco Day**
- 15 June: **World Elder Abuse Awareness Day**
- 23 June: **International Widows' Day**
- 25 June: **Day of the Seafarer**
- 29 September: **World Heart Day**
- 1 October: **International Day of Older Persons**
(start of Older Persons Month in the Cayman Islands)
- 9 October: **World Hospice and Palliative Care Day**
- 10 October: **World Mental Health Day**
- 14 November: **World Diabetes Day**
- 25 November: **International Day for the Elimination of Violence against Women**
- 3 December: **International Day of Persons with Disabilities**
- 10 December: **Human Rights Day**