

# ABOUT HEALTH



## 2023 DEADLINES

### Q1 JAN-MARCH

**5TH SEPT** SPONSORSHIP  
CONFIRMED

**26TH SEPT** ARTWORK  
DEADLINE

### Q2 APRIL - JUNE

**10TH FEB** SPONSORSHIP  
CONFIRMED

**24TH FEB** ARTWORK  
DEADLINE

### Q3 JULY - SEPT

**12TH MAY** SPONSORSHIP  
CONFIRMED

**26TH MAY** ARTWORK  
DEADLINE

### Q4 OCT - DEC

**11TH AUG** SPONSORSHIP  
CONFIRMED

**25TH AUG** ARTWORK  
DEADLINE



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# 2023 TOPIC OVERVIEW

## PARENTS + BABIES



- Post and pre-natal depression
- Breastfeeding
- Screening during pregnancy
- Meningitis
- Nappy rash
- Chicken Pox
- Anxiety + Parenting
- RSV
- C-section recovery
- Lactose intolerance
- Incontinence
- Childhood Eczema
- Strep Throat
- Weaning
- Immunisations
- Child loss

## MENTAL HEALTH

- Loneliness
- Anxiety
- PTSD
- Panic Attacks
- Chest pain
- Stress
- Sleep disorders
- ADHD
- Drug / alcohol abuse
- Eating disorders
- Body dysmorphia
- Seasonal affective disorder

## +65 YEARS OLD

- Fibromyalgia
- Arthritis / Osteoporosis
- Dementia / Alzheimer's
- Heart disease
- Diabetes
- Hearing Loss
- Vision Loss
- Balance issues
- Urinary tract infections (UTIs)
- Incontinence
- Hypertension
- High cholesterol
- Stroke
- Oral health issues

## COMMONS ILLNESSES

- Cancer
- Obesity
- Shingles
- Cold and flu
- Peri-Menopause
- Skin rashes
- Tendonitis
- Hayfever
- Learning disabilities
- Endometriosis
- Digestive issues
- Liver issues

