

January 2024

WELLBEING EVENTS



Quit Smoking

The new year is a great time to think about why you smoke. For resources on quitting smoking or making your workplace smoke free



Barwon Health

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12 <u>Lorne Mountain to Surf</u>	13  <u>Lorne Pier to Pub</u>	14
15	16	17	18	19	20	21
22	23	24	25	26 <u>Australia Day</u>	27	28
29	30	31 	<u>Cadel Evans Great Ocean Road Race</u> is an annual professional one-day road bicycle racing for both men and women starting & finishing in Geelong and routed along the Great Ocean Road.			

February 2024

WELLBEING EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1  <u>Ovarian Cancer Awareness</u>	2	3	4 <u>World Cancer Day</u>
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 <u>Business Clean Up Day</u>	28	29	FebFast is your chance to pause for a cause by giving up alcohol, sugar or another vice of your choice, to support disadvantaged youth in Australia.		

Ovarian Cancer Awareness Month

Ovarian Cancer Awareness is held in the month of February to educate advocate and elevate the voices of those with lived experience.

Host a morning TEAL TEA in your workplace



WORKPLACE HEALTH

March 2024

WELLBEING EVENTS



Worlds Greatest Shave


The Leukaemia Foundations 'Worlds Greatest Shave' each March aims at fundraising and advocating to help beat blood cancer.

Get sponsored and show your support by shaving, cutting or colouring your hair!



**Barwon
Health**

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 <u>Clean up Australia Day</u>
4 <u>World Obesity Day</u>	5	6	7	8 <u>International Women's Day</u>	9	10
11 <u>Labour Day</u>	12	13	14	15	16	17
18	19 <u>Elimination of Racial Discrimination</u>	20	21 <u>Harmony Day</u>	22  <u>World Water Day</u>	23 <u>Earth Hour</u> 8:30pm - 9:30pm	24
25	26	27	28	29 <u>Good Friday</u>	30	31 <u>Easter Sunday</u>



Take the ultimate **Water Challenge** this March and make water your only drink for a month or choose to say goodbye to just one of your favourite beverages such as coffee, alcohol or soft drink. Take the challenge with your colleagues and sign up your workplace.

April 2024

WELLBEING EVENTS



April is Sexual Assault Awareness Month (SAAM)

By raising awareness and educating our community, including schools, workplaces, homes, social settings and online, we can all play our part in preventing sexual assault.



**Barwon
Health**

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1  <u>Easter Monday</u>	2	3	4	5	6	7 <u>World Health Day</u>
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 <u>Earth Day</u>	23	24	25 <u>Anzac Day</u>	26	27	28 <u>World Day for Safety and Health at Work</u>
29	30					

May 2024

WELLBEING EVENTS



Mindful in May!

10 minutes a day to change your mind and life for the better. Join the global event, Mindful in May, and spend a month training your mind while raising funds to bring clean, safe drinking water to those who need it most.



**Barwon
Health**

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6 <u>International No Diet Day</u>	7 <u>World Asthma Day</u>	8	9	10	11	12 International Nurses Day
13	14	15	16	17	18	19
20 <u>National Volunteer Week</u> 20- 26 May	21	22	23  <u>Australia's Biggest Morning Tea</u>	24	25	26
27 <u>Reconciliation Week</u> 27 May - 3 June	28	29	30	31  <u>World No Tobacco Day</u>		

May 50K

Get active with your workplace, challenge yourselves and compete against your colleagues.

Join the and walk or run 50 kilometres throughout May, whilst raising funds for research into multiple sclerosis.

June 2024

WELLBEING EVENTS



June is host to Men's Health Week!

Each year holds a theme to improving different men's health outcomes. There are a number of events across the week in the region or you could hold one of your own!



Barwon Health

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 World Bicycle Day	4	5 World Environment Day	6	7	8	9
10 Kings Birthday Mens Health Week 10 - 16 June	11	12	13	14 World Blood Donor Day	15	16
17	18	19	20	21 International Day of Yoga	22	23
24	25	26	27	28	29	30 Social Media Day #SMDay

Bowel Cancer Awareness Month



Help beat bowel cancer by registering your interest, fundraising and/or order an awareness pack.

July 2024

WELLBEING EVENTS



Dry July!

Why not participate in Dry July this month! Get your colleagues together and go alcohol free for the month. Ask friends and family to sponsor you to raise funds for people affected by cancer.



**Barwon
Health**

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7  NAIDOC Week 7-14 July
8	9	10 <u>National Diabetes Week</u>	11	12	13	14
15	16	17	18	19	20	21
22	23	24 <u>Stress Down Day</u>	25	26	27	28
29	30 <u>National Pain Week</u> 24-30 July	31	<p>Join millions of people reducing their plastic waste.</p> <p>Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities</p> 			

August 2024

WELLBEING EVENTS





Tradies National Health Month

August each year is Australian Tradies National Health Month, a campaign to bring awareness to tradies' health and encourage them to look after their wellbeing.



Barwon Health

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4  <u>Jeans for Geans Day</u>
5 <u>Keep Australia Beautiful Week</u> 5- 11 August	6	7 <u>International Day for the Worlds Indigenous Peoples</u>	8	9	10	11
12	13	14	15	16	17	18
19	20	21 <u>Healthy Bones Week</u> 21- 27 August	22	23	24	25
26	27	28	29	30  <u>Wear it Purple Day</u>	31	

Jeans for Genes Day!

Australians unite on Jeans for Genes Day by wearing their favourite jeans, donating money and purchasing merchandise to support genetic research. We want to see your workplace become a sea of denim in a united stance against childhood diseases.

September 2024

WELLBEING EVENTS



Stepember!

STEPtember is a fun, safe and virtual event that challenges you to walk, swim, ride, wheel or spin your way to 10,000 steps per day during the month of September



**Barwon
Health**

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10 World Mindfulness Day	11	12 R U OK? Day	13	14	15
16	17	18	19	20	21	22
23	24 World Environmental Health Day	25	26	27 International Day of Awareness on Food Loss and Waste	28	29
30	 <p>Liptember is a campaign dedicated to raising funds and awareness for women's mental health. Start the conversation by popping a little colour on.</p>					

October 2024

WELLBEING EVENTS



Mental Health Month

October is National Mental Health Month and provides an opportunity for the community to come together to raise awareness that #MentalHealthMatters.



Barwon Health

WORKPLACE HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 <u>One Foot Forward</u> 1-30 October	3	4	5	6 <u>Around the Bay in a Day</u>
7	8	9	10 <u>World Mental Health Day</u>	11	12	13
14	15	16 <u>National Nutrition Week</u>	17	18	19	20
21	22	23  <u>Ride 2 Work Day</u>	24	25	26 <u>Loud Shirt Day</u>	27
28	29	30	31			

Heart Foundation – My Marathon!
 During the month of October challenge your workmates to walk or run 42.2 km and help raise funds for lifesaving heart research. Together, you'll walk or run a marathon, increase your fitness and productivity, and work together to make a real difference to Aussie hearts

November 2024

WELLBEING EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 Melbourne Cup Day	3
4 National Recycling Week	5	6	7	8	9	10 Run 4 Geelong RUN GEELONG
11 Remembrance Day	12	13 World Kindness Day	14 World Diabetes Day	15	16	17
18	19	20	21	22	23	24
25 16 Days of Activism Against Gender Violence	26	27	28	29	30	

November!

November is an annual event aimed at raising awareness and funds for mens health issues, such as suicide prevention, prostate cancer and testicular cancer.

You don't have to grow a mo to go! you can move more or simply make a donation.



Barwon Health

WORKPLACE HEALTH



December 2024

WELLBEING EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5 International Volunteer Day	6	7	8
9	10 Human Rights Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Years Eve					

Decembeard

Bowel Cancer Australia's hair-raising fundraiser encouraging you to get hairy while raising awareness and funds to help beat bowel cancer. Face, head, legs, body - if it's hair let it grow or let it go!



Barwon Health

WORKPLACE HEALTH