

2025



**Barwon
Health**

**WORKPLACE HEALTH &
WELLBEING
EVENTS CALENDAR**



2025 January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10 <u>Lorne Mountain to Surf</u>	11 <u>Lorne Pier to Pub</u>	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 Australia Day
27 Public Holiday	28	29 <u>Cadel Evans Road Race</u>	30	31		



The year to QUIT

The new year is a great time to think about why you smoke. Stamp out the old and in with the new. For helpful resources and supports on quitting or making your workplace smoke free visit the [BeSmokefree](#) webpage.

2025 February



Ovarian Cancer Awareness Month

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

Why not host a morning TEAL TEA in your workplace.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 <u>Febfast</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 <u>Business Clean-up Day</u>	26 <u>Ovarian Cancer Awareness Month</u>	27	28		

2025 March



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



Challenge 60

Set your workplace the challenge for 60 minutes a day between 1-22 March to raise funds to protect nature. Walk, run, cycle, swim, dance, meditate or hoola hoop! Anything you like but the goal is to get active and enjoy nature. Make sure to tackle your challenge each day between 1-22 March.

2025 April



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



World Day for Safety and Health at Work

The World Day for Safety and Health at Work is an annual international campaign to promote safe, healthy and decent work.

2025 May



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

Australia's
Biggest Morning Tea



Host Australia's Biggest Morning Tea in your workplace! Host a gathering to raise funds for cancer research and support services. Get together for a great cause.

2025 June



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 World Bicycle Day	4	5 <u>World Environment Day</u>	6	7 King's Birthday	8
9	10 <u>International Men's Health week (10-16)</u>	11	12	13	14 <u>World Blood Donor Day</u>	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



World Environment Day is the United Nations' principal vehicle for encouraging worldwide awareness and action for the environment. This year it is on plastic pollution.

2025 July



NAIDOC WEEK

The theme for NAIDOC week this year is The Next Generation: Strength, Vision & Legacy. This celebrates not only the achievements of the past but the bright future ahead, empowered by the strength of the young leaders, the vision of communities, and the legacy of ancestors.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <u>Stress Down Day</u>	2	3	4	5	6 <u>NAIDOC Week (6-13)</u>
7	8	9	10 <u>National Diabetes Week</u>	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2025

August



Barwon Health

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



Wear it Purple Day

Wear it Purple Day aims to raise awareness and strive to foster supportive, safe, empowering and inclusive environments for rainbow young people. Create an event in your place and register [here](#).

2025 September



R U OK? DAY

Why not host a wellbeing morning in your workplace for R U OK Day this year. Sign up [here](#) to host an R U OK event and receive access to lots of useful resources such as posters you can print and display, activity ideas and merchandise offers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 National Pain Week (2-5)	3	4	5	6	7
8 <u>Liptember</u>	9	10	11 <u>R U OK? Day</u>	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 AFL Grand Final Eve	27	28
29	30					

2025 October



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10 <u>World Mental Health Day</u>	11	12
13	14 <u>National Nutrition Week 14-20</u>	15 <u>Ride2Work Day</u>	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Ride2Work Day

Get your team together and change up your commute to work by joining the National Ride2Work Day.

2025

November



Barwon Health

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4 Melbourne Cup	5	6	7	8	9 <u>Run4Geelong</u>
10	11 Remembrance Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25 <u>16 days of activism against gender-based violence</u>	26	27	28	29	30



16 Days of Activism against gender-based violence

Each year, from 25 November to 10 December, the 16 days of activism campaign calls for action against one of the world's most persistent violations of human rights – violence against women.

2025 December



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



Merry Christmas Everyone!

Take care of yourself over the festive season and make sure you prioritise you! Click [here](#) for some tips on how you can make this holiday season a little less stressful.