

# Healthy Workplace Calendar 2020

Month	Date	Theme	Activity/focus examples	Further resources
JANUARY		Getting into the New Year	Plan the activities for your year!	
FEBRUARY	Whole month	Feb Fast	Challenge staff to quit an unhealthy behaviour for the month	<a href="#">Feb Fast</a>
	10-16	Smart Eating Week	Promote healthy eating information	<a href="#">Dietitians Association of Australia</a>
MARCH	7-15	Parks Week	Promote active transport and activity options near your workplace	<a href="#">Parks Week website</a>
	20	National Day of Action Against Bullying and Violence	Promote mental health and safety at work	<a href="#">Bullying No Way website</a>
	16-27	Tastes of harmony ( <i>Mental health</i> )	Hold a lunch where staff bring a dish from their culture to share	<a href="#">Taste of Harmony website</a>
APRIL	Whole month	Active April	Challenge staff to get in 30 minutes of activity each day	<a href="#">Active April website</a>
MAY	28	Australia's Biggest Morning Tea	Provide or encourage healthy morning tea options	<a href="#">Biggest Morning Tea website</a>
	31	World No Tobacco Day	Provide information to staff about free support available from <a href="http://www.quit.org.au">www.quit.org.au</a>	<a href="#">World Health Organisation website</a>
JUNE	15-21	Men's Health Week	Raise awareness about men's health issues	<a href="#">Men's Health Week website</a>
	22-25	World Wellbeing Week	Raise awareness about the wellbeing support available at your workplace	
JULY	24	Stress Down Day ( <i>Mental health</i> )	Encourage staff to participate in stress reducing activities such as dressing down	<a href="#">Lifeline website</a>
AUGUST	Whole month	Tradies National Health Month	Healthy lifestyle and injury prevention	<a href="#">Tradies Health website</a>
	28	Daffodil Day	Raise awareness about cancer, and ways to reduce risk. <a href="#">For tip sheets click here</a>	<a href="#">Daffodil Day website</a>
SEPTEMBER	4	National Walk To Work Day	Encourage use of active transport to work	<a href="#">Walk website</a>
	12	R U OK? Day	Promote mental health awareness (i.e. display RU OK? posters in lunch room)	<a href="#">RU OK? Website</a>
OCTOBER	Whole month	WorkSafe Month	Download the campaign kit to promote prevention of workplace injury	<a href="#">Safe Work Australia website</a>
	13-19	National Nutrition Week	Promote healthy eating information and activities (i.e. fruit bowl, cooking demo)	<a href="#">Try for 5 website</a>
NOVEMBER	Whole month	Movember	Raise awareness about men's health (including depression)	<a href="#">Movember website</a>
DECEMBER	5	International Day of People with Disability	Inclusion, celebration and involvement of people with disability	<a href="#">International Day of People with Disability website</a>

Finishing off the year | Celebrate your successes, have a social function, promote team building