

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

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