

2023 WORKPLACE HEALTH & WELLBEING CALENDAR



JANUARY

Goal setting - January is a great time to support staff develop health goals for the year ahead

FEBRUARY

4 World Cancer Day
26 Feb-4 Mar Hearing Awareness Week

MARCH

3 World Hearing Day
8 International Women's Day
17 World Sleep Day
20 International Day of Happiness
21 Harmony Day

APRIL

7 World Health Day
28 World Day for Safety & Health at Work

MAY

1-31 MS May50K Challenge
1-31 Lung Health Awareness Month
2-8 Heart Week
22-28 Exercise Right Week
25 Australia's Biggest Morning Tea (Cancer)
31 World No Tobacco Day

JUNE

1-30 Pride Month
12-18 Men's Health Week
14 World Blood Donor Day

JULY

1-3 Dry July
2-9 NAIDOC Week
24-30 National Pain Week

AUGUST

2-9 NAIDOC Week
7-13 Dental Health Week
7-13 National Stroke Week

SEPTEMBER

14 R U OK Day
29 World Heart Day

OCTOBER

1-31 National Safe Work Month
10 World Mental Health Day
15-23 National Nutrition Week

NOVEMBER

1-30 Movember
14 World Diabetes Day
19 International Men's Day
20-26 National Skin Cancer Action Week

DECEMBER

18 International Migrants Day