

2023 WORKPLACE HEALTH & WELLBEING CALENDAR



JANUARY	FEBRUARY	MARCH	APRIL
<p>Goal setting – January is a great time to support staff develop health goals for the year ahead</p>	<p>4 World Cancer Day 26 Feb-4 Mar Hearing Awareness Week</p>	<p>3 World Hearing Day 8 International Women's Day 17 World Sleep Day 20 International Day of Happiness 21 Harmony Day</p>	<p>7 World Health Day 28 World Day for Safety & Health at Work</p>
MAY	JUNE	JULY	AUGUST
<p>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</p>	<p>1-30 Pride Month 12-18 Men's Health Week 14 World Blood Donor Day</p>	<p>1-3 Dry July 2-9 NAIDOC Week 24-30 National Pain Week</p>	<p>7-13 Dental Health Week 7-13 National Stroke Week</p>
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p>14 R U OK Day 29 World Heart Day</p>	<p>1-31 National Safe Work Month 10 World Mental Health Day 15-23 National Nutrition Week</p>	<p>1-30 Movember 14 World Diabetes Day 19 International Men's Day 20-26 National Skin Cancer Action Week</p>	<p>18 International Migrants Day</p>