

Healthy Workplaces

Supporting SA workplaces to thrive

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Health and Wellbeing Calendar 2024

Supporting existing health and wellbeing campaigns in your workplace is a great way to raise awareness and knowledge and create a team culture.

Here is a list of health and wellbeing events held throughout the year that workplaces may wish to promote and organise initiatives to support worker's health, safety, and wellbeing. Please note that some campaign dates are subject to change throughout the year, we encourage you to regularly check their website for up-to-date information and resources.

FEBRUARY 2024

Date	Event	Organisation	Website	Types of resources available
February	Feb Fast (Reduce alcohol &/or sugar intake)	FebFast	https://febfast.org.au	Resources such as posters, recipes, banners, social media tiles are available to download online.
04 February	World Cancer Day	Union for International Cancer Control	https://www.worldcancerday.org/about-us	Factsheets, guides, posters, infographics, logos, social media resources are available to download online.
05-11 February	Healthy Lunchbox Week	Nutrition Australia	www.healthylunchboxweek.org.au	Recipes, factsheets, and school resources are available to download online.
February	Ovarian Cancer Awareness Month	Cancer Australia	www.canceraustralia.gov.au/healthy-living/campaigns-events	Cancer risk online assessment tools are available via the website.
February	RedFeb	Heart Research Australia	https://www.heartresearch.com.au/redfeb/	Information and resources are available via the website.

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MARCH 2024

Date	Event	Organisation	Website	Types of resources available
04 March	World Obesity Day	World Obesity Federation	https://www.worldobesityday.org/	Stay tuned for exciting updates and resources.
03 March	International Women's Day	UN Women Australia	https://unwomen.org.au/get-involved/international-womens-day/	Theme: <i>Count Her In: Invest in Women. Accelerate Progress.</i>
14 March	World Kidney Day	Kidney Health Australia	www.worldkidneyday.org	Toolkits, banners, infographics, posters, logos, T-shirt designs, etc. available to download from the website.
15-19 March	World's Greatest Shave	Leukaemia Foundation	www.worldsgreatestshave.com	Campaign resources, posters, phone app are available to download.
16 March	National Close the Gap Day	ANTaR	https://closethegap.org.au/	Check the website closer to the date for the latest information, publications and 2024 theme.
15 March	World Sleep Day	World Sleep Society / Sleep Foundation	https://worldsleepday.org/	Visit the website for more information.
20 March	International Day of Happiness	United Nations	www.dayofhappiness.net	Access to a range of free resources available to download.
22 March	National Ride2School Day	Bicycle Network	https://www.bicyclenetwork.com.au/rides-and-events/ride2school/ride2school-day/	Day packs, posters, tips, information sheets, product reviews, road rules, books, and maps are available to download.
24 March - 2 April 2023	SA Youth Week	Department for Human Services	https://www.youthactionplan.sa.gov.au/sa-youth-week/	Check the website closer to the date for the 2024 theme and campaign resources.
26 March	Purple Day for Epilepsy	Epilepsy Foundation	https://www.epilepsy.org.au/fundraise/purple-day/	Get involved and go purple! Register to host a Purple Day event. Information and resources are available via the website.
26 March	Melanoma March	Melanoma Institute	https://melanomamarch.org.au/	Visit the website for more information and Adelaide events.

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APRIL 2024

Date	Event	Organisation	Website	Types of resources available
April	Autism Month	Autism SA	https://autismsa.org.au/autism-month/	Information and resources available via the website
02 April	World Autism Awareness Day	United Nations	https://autismsa.org.au/autism-month/	Theme and resources available via the website
07 April	World Health Day	World Health Organization	https://www.who.int/campaigns/world-health-day	Information is available via the website.
11 April	World Parkinson's Day	Shake it up	www.shakeitup.org.au/pause4parkinsons	Information and resources such as posters, buntings, labels, and social media resources are available to download via the website.
24-30 April	World Immunisation Week	World Health Organization	https://www.who.int/campaigns/world-immunization-week	Campaign information and downloadable resources are available from the website.
24 April	International Guide Dogs Day	Guide Dogs SA/NT	https://sant.guidedogs.com.au/	Check when the annual Guide Dogs SA/NT Paws Parade celebrating International Guide Dog Day will commence.
28 April	World Day for Safety and Health at Work	Safe Work Australia	https://www.safeworkaustralia.gov.au/media-centre/campaigns	Information and resources are available via the website.
29 April – 5 May	Heart Week	Heart Foundation	https://www.heartfoundation.org.au/Bundles/Get-Involved/Heart-Week	Check the website for the latest programs and initiatives available.

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MAY 2024

Date	Event	Organisation	Website	Types of resources available
29 April – 5 May	Heart Week	Heart Foundation	https://www.heartfoundation.org.au/Bundles/Get-Involved/Heart-Week	Check the website for the latest programs and initiatives available.
07 May	World Asthma Day	Asthma Australia	https://asthma.org.au/	Check the website closer to the date for the 2024 theme. Fact sheets, flyers, brochures, posters, phone apps, and videos are available to download.
20-26 May	National Volunteer Week	Volunteering Australia	https://www.volunteeringaustralia.org/get-involved/events/	Theme: <i>Something for Everyone</i> Check the website for up-to-date resources.
May (3rd week; TBC)	Kidney Health Week	Kidney Health Australia	https://kidney.org.au/get-involved/kidney-health-week	Information and resources are available via the website.
25 May	Australia's Biggest Morning Tea	Cancer Council	www.biggestmornningtea.com.au	Host Guide, invitations, posters, buntings, labels, games, raffles, decorations, recipes, videos etc. are available to download.
31 May	World No Tobacco Day	World Health Organization	www.who.int/tobacco/wntd/en	Check the website for the theme in 2024, campaign information and resources.

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JUNE 2024

Date	Event	Organisation	Website	Types of resources available
1 – 30 June	Bowel Cancer Awareness Month	Bowel Cancer Australia	www.bowelcanceraustralia.org/bowel-cancer-awareness-month	Awareness resources and information available to order and download on the website.
05 June	World Environment Day	UN	https://www.worldenvironmentday.global/	Information and resources available on the website.
12-18 June (14 June is World Blood Donor Day)	National Blood Donor Week	Australian Red Cross	https://www.lifeblood.com.au/blood/national-blood-donor-week	Website will be updated with details for the 2024 campaign closer to the event.
12-18 June	Men's Health Week	Australian Men's Health Forum	https://www.amhf.org.au/men_s_health_week_australia	Check the website closer to the date for more information.
12-18 June	Perfect Match	Prostate Cancer Foundation Australia	https://www.perfectmatch.org.au/	Information and resources available on the website.
21 June	Motor Neurone Disease Global Day	Motor Neurone Disease Australia	https://www.mndaustralia.org.au/	Information and resources available on the website.

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JULY 2024

Date	Event	Organisation	Website	Types of resources available
July	Dry July	Dry July Foundation	www.dryjuly.com	Visit the website to access the following: <ul style="list-style-type: none">• Social media images• Posters• Pre-written emails
1-7 July first week of July each year	NAIDOC week	NAIDOC	www.naidoc.org.au/about/naidoc-week	Check the website closer to the event for updates on the theme. Logos, posters, and teacher resources are available to download from the website.
July (tbc)	National Diabetes Week	Diabetes SA	https://www.diabetessa.com.au/home https://www.diabetessa.com.au/events	Information and resources are available on the website. Check closer to the date for updated information on the 2024 campaign.
28 July	World Hepatitis Day	Hepatitis Australia	www.worldhepatitisday.org.au	Information, posters, social media images are available for download on the website.

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AUGUST 2024

Date	Event	Organisation	Website	Types of resources available
August	Tradies National Health Month	Australian Physiotherapy Association	https://australian.physio/campaigns/tradies-national-health-month	Check the website closer to the event for updates on the theme. Logos, posters, and teacher resources are available to download from the website.
7-13 August	Dental Health Week	Australian Dental Association	https://www.ada.org.au/about	Posters, fact sheets, and a resource kit will be available to download from the website.
August (tbc)	Corporate Cup	The Australian Council for Health, Physical Education and Recreation - South Australian Branch (ACHPER SA)	http://thecorporatecup.com.au	Runs fortnightly for 16 weeks. Website will be updated with details for the 2024. Campaign closer to the event.
7-13 August	National Stroke Week	Stroke Foundation	https://strokefoundation.org.au/what-we-do/prevention-programs/national-stroke-week	Check the website for updated details on the 2024 campaign closer to the event.
30 August	Wear it Purple Day	Wear it Purple	https://www.wearitpurple.org/	Details about Wear it Purple Day and how to get involved available from the website.
31 August	Daffodil Day	Cancer Council Australia	https://www.daffodilday.com.au/about	Website will be updated with details for the 2024 campaign closer to the event.

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SEPTEMBER 2024

Date	Event	Organisation	Website	Types of resources available
September	Prostate Cancer Awareness Month	Prostate Cancer Foundation of Australia	https://www.pcfa.org.au/get-involved/	Website contains details of various events throughout the month of September, and campaign resources.
September	Gynaecological Cancer Awareness Month	Australia New Zealand Gynaecological Oncology Group (ANZGOG Women Can)	www.savethebox.org.au	'Save the Box' campaign information, resources, and ways to get involved are available from the website.
September	September	Cerebral Palsy Foundation	https://www.steptember.org.au/	Check the website for updated details on the 2024 campaign closer to the event.
06 September	Walk to Work Day	Diabetes Australia	www.walk.com.au/wtw	Details available online re how to become involved in this annual event closer to the date.
10 September	World Suicide Prevention Day	Lifeline / Beyond Blue	World Suicide Prevention Day	Additional details and resources about this annual campaign are available on the website.
12 September	R U OK? Day	R U OK?	www.ruok.org.au/join-r-u-ok-day	Guides, videos, presentation packs, posters, postcards, social media resources.
15 September	City to Bay Fun Run	SA Fun Runs Inc	www.city-bay.org.au	Details online re event race options, training workshops, course details and competitions.
29 September	World Heart Day	World Heart Federation	www.world-heart-federation.org/world-heart-day	Resources, fact sheets, toolkits, posters, and logos all available to download on website.

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OCTOBER 2024

Date	Event	Organisation	Website	Types of resources available
October	National Safe Work Month	Safe Work Australia	www.safework.sa.gov.au/resources/national-safe-work-month	Events details and resources available online
October	Breast Cancer Awareness Month	Cancer Australia National Breast Cancer Foundation	www.canceraustralia.gov.au/about-us/campaigns-events/breast-cancer-awareness-month Breast Cancer Awareness Month Donate Online Today NBCF	Information, event details and videos available on the website.
October	Walktober	Walking SA	www.walkingsa.org.au/walktober	Events details and resources available online
October (This is TBC)	Billion Steps Challenge	Wellbeing SA	https://www.10000steps.org.au/sa-billion-steps/	Campaign details and resources available online
October	Mental Health Month	Mental Health Coalition of South Australia (MHCSA)	https://mhcsa.org.au/mental-health-month/	Check the website for updated details on the 2024 campaign closer to the event.
10 October	World Mental Health Day	Mental Health Australia	https://lookafteryourmentalhealthaustralia.org.au/	Check the website for updated details on the 2024 campaign closer to the event.
13-19 October	Carers Week	Carers Australia	https://carersweek.com.au/	Check the website for updated details on the 2024 campaign closer to the event.
October (tbc)	National Nutrition Week	Nutrition Australia	www.nutritionaustralia.org	Website will be updated for the 2024 campaign closer to the event.
16 October	National Ride 2 Work Day	Bicycle Network	www.bicyclenetwork.com.au/rides-and-events/ride2work	Rides, events, programs, and resources all available to download from the website.

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NOVEMBER 2024

Date	Event	Organisation	Website	Types of resources available
November	Movember	Movember Foundation	www.movember.com	Information on men's health, events, stories, and videos available on the website.
November	Lung Cancer Awareness Month	Cancer Australia	www.canceraustralia.gov.au/healthy-living/campaigns-events/lung-cancer-awareness-month	Website will be updated for the 2024 campaign closer to November.
10-16 November (tbc)	Perinatal Mental Health Week	PANDA	https://www.panda.org.au/awareness/perinatal-mental-health-week	Check the website for updated details on the 2024 campaign closer to the event.
11-16 November (tbc)	Cervical Cancer Awareness Week	Australian Cervical Cancer Foundation	https://accf.org.au/cervical-cancer-awareness-week/	Visit the website closer to the date for more information.
14 November	World Diabetes Day	Diabetes Australia International Diabetes Federation	www.diabetesaustralia.com.au https://worlddiabetesday.org	Website will be updated for the 2024 campaign closer to November.
15 November (tbc)	White Ribbon Day	White Ribbon Australia	https://events.whiteribbon.org.au/create-my-own-event	Register to host a White Ribbon Day event. Check the website for updated details and resources on the 2024 campaign closer to the event.
19 November	International Men's Day	Australian Men's Health Forum	https://www.internationalmensday.info/	Information on men's health, events, stories available on the website.
20-26 November	National Skin Cancer Action Week	Cancer Council	www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events/national-skin-cancer-action-week.html	Publications, factsheets, posters, videos, social media resources available to download.

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DECEMBER 2024

Date	Event	Organisation	Website	Types of resources available
3 December	International Day of Persons with Disabilities	United Nations	https://www.un.org/en/observances/day-of-persons-with-disabilities	Check the website for updated details on the 2024 campaign closer to the event.
10 December	Human Rights Day	United Nations	https://www.un.org/en/observances/human-rights-day	Check the website for updated details on the 2024 campaign closer to the event.

Campaigns running year-round:

- Skin cancer and sun protection awareness: www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events
- Try for 5, Nutrition Australia – recipes, events, and online programs: <https://www.tryfor5.org.au/get-involved> Health and Wellbeing Tips: www.wellbeingsa.sa.gov.au/your-wellbeing
- **Free** healthy workplace resources offered year round: [Healthy living resources](#)