

# Healthy Workplaces

Supporting SA workplaces to thrive

[healthyworkplaces.sa.gov.au](http://healthyworkplaces.sa.gov.au)



## Health and Wellbeing Calendar 2023

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 2023

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

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## MARCH 2023

Date	Event	Organisation	Website	Types of resources available
March	The March Charge	Cancer Council	<a href="http://www.themarchcharge.com.au">www.themarchcharge.com.au</a>	Month long personal fitness challenge– visit website for more information.
04 March	World Obesity Day	World Obesity Federation	<a href="https://www.worldobesityday.org/">https://www.worldobesityday.org/</a>	Theme: <i>Everybody Needs to Act</i> . Campaign assets are available on request.
03 March	International Women's Day	UN Women Australia	<a href="https://unwomen.org.au/get-involved/international-womens-day/">https://unwomen.org.au/get-involved/international-womens-day/</a>	Theme: <i>Changing Climates: Equality today for a sustainable tomorrow</i> Further information is available via the website.
09 March	World Kidney Day	Kidney Health Australia	<a href="http://www.worldkidneyday.org">www.worldkidneyday.org</a>	Toolkits, banners, infographics, posters, logos, T-shirt designs, etc. available to download from the website.
15-19 March	World's Greatest Shave	Leukaemia Foundation	<a href="http://www.worldsgreatestshave.com">www.worldsgreatestshave.com</a>	Campaign resources, posters, phone app are available to download.
17 March	World Sleep Day	World Sleep Society	<a href="https://www.worldsleepday.org/">https://www.worldsleepday.org/</a>	Visit the website for more information.
March	National Close the Gap Day	ANTaR	<a href="https://closethegap.org.au/">https://closethegap.org.au/</a>	Check the website closer to the date for the latest information, publications and 2023 theme.
20 March	International Day of Happiness	United Nations	<a href="http://www.dayofhappiness.net">www.dayofhappiness.net</a>	Access to a range of free resources available to download from the website.
24 March	National Ride2School Day	Bicycle Network	<a href="https://www.bicyclenetwork.com.au/rides-and-events/ride2school/ride2school-day/">https://www.bicyclenetwork.com.au/rides-and-events/ride2school/ride2school-day/</a>	Day packs, posters, tips, information sheets, product reviews, road rules, books, and maps are available to download from website.
24 March - 2 April 2023	SA Youth Week	Department for Human Services	<a href="https://www.youthactionplan.sa.gov.au/sa-youth-week/">https://www.youthactionplan.sa.gov.au/sa-youth-week/</a>	Check the website closer to the date for the 2023 theme and campaign resources.

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<b>26 March</b>	Purple Day for Epilepsy	Epilepsy Foundation	<a href="https://www.epilepsy.org.au/fundraise/purple-day/">https://www.epilepsy.org.au/fundraise/purple-day/</a>	Get involved and go purple! Register to host a Purple Day event. Information and resources are available via the website.
<b>26 March</b>	Melanoma March	Melanoma Institute	<a href="https://melanomamarch.org.au/">https://melanomamarch.org.au/</a>	Visit the website for more information and Adelaide events.

## APRIL 2023

<b>Date</b>	<b>Event</b>	<b>Organisation</b>	<b>Website</b>	<b>Types of resources available</b>
<b>02 April</b>	World Autism Awareness Day	Autism SA	<a href="https://autismsa.org.au/autism-month/">https://autismsa.org.au/autism-month/</a>	Information and resources available via the website
<b>07 April</b>	World Health Day	World Health Organization	<a href="http://www.who.int/campaigns">www.who.int/campaigns</a>	Information is available via the website.
<b>11 April</b>	World Parkinson's Day	Shake it up	<a href="http://www.shakeitup.org.au/pause4parkinsons">www.shakeitup.org.au/pause4parkinsons</a>	Information and resources such as posters, bunting, labels, and social media resources are available to download via the website.
<b>24-30 April</b>	World Immunisation Week	World Health Organization	<a href="https://www.who.int/campaigns/world-immunization-week">https://www.who.int/campaigns/world-immunization-week</a>	Campaign information and downloadable resources are available from the website.
<b>26 April</b>	International Guide Dogs Day	Guide Dogs SA/NT	<a href="http://www.guidedogs.org.au">www.guidedogs.org.au</a>	Check when the annual Guide Dogs SA/NT Paws Parade celebrating International Guide Dog Day will commence.
<b>28 April</b>	World Day for Safety and Health at Work	Safe Work Australia	<a href="http://www.safeworkaustralia.gov.au">www.safeworkaustralia.gov.au</a>	Information and resources are available via the website.

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## MAY 2023

Date	Event	Organisation	Website	Types of resources available
1-7 May	Heart Week	Heart Foundation	<a href="https://www.heartfoundation.org.au/Bundles/Get-Involved/Heart-Week">https://www.heartfoundation.org.au/Bundles/Get-Involved/Heart-Week</a>	Check the website for the latest programs and initiatives available.
02 May	World Asthma Day	Asthma Australia	<a href="https://asthma.org.au/">https://asthma.org.au/</a>	Check the website closer to the date for the 2023 theme. Fact sheets, flyers, brochures, posters, phone apps, and videos are available to download.
15-21 May	National Volunteer Week	Volunteering Australia	<a href="https://www.volunteeringaustralia.org/get-involved/events/">https://www.volunteeringaustralia.org/get-involved/events/</a>	Check the website for up-to-date resources.
May (tbc)	Kidney Health Week	Kidney Health Australia	<a href="https://kidney.org.au/get-involved/kidney-health-week">https://kidney.org.au/get-involved/kidney-health-week</a>	Information and resources are available via the website.
25 May	Australia's Biggest Morning Tea	Cancer Council	<a href="http://www.biggestmornningtea.com.au">www.biggestmornningtea.com.au</a>	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	<a href="http://www.who.int/tobacco/wntd/en">www.who.int/tobacco/wntd/en</a>	Check the website for the theme in 2023, campaign information and resources.

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## JUNE 2023

Date	Event	Organisation	Website	Types of resources available
1 – 30 June	Bowel Cancer Awareness Month	Bowel Cancer Australia	<a href="http://www.bowelcanceraustralia.org/bowel-cancer-awareness-month">www.bowelcanceraustralia.org/bowel-cancer-awareness-month</a>	Awareness resources and information available to order and download on the website.
05 June	World Environment Day	UN	<a href="https://www.worldenvironmentday.global/">https://www.worldenvironmentday.global/</a>	Information and resources available on the website.
June (tbc)	National Blood Donor Week	Australian Red Cross	<a href="http://www.donateblood.com.au/celebrating-bloody-legends">www.donateblood.com.au/celebrating-bloody-legends</a>	Website will be updated with details for the 2023 campaign closer to the event.
12-18 June	Men's Health Week	Men's Health Week	<a href="http://www.menshealthweek.org.au/about/about-the-week">www.menshealthweek.org.au/about/about-the-week</a>	Check the website closer to the date for more information.
12-18 June	Walk for him	Prostate Cancer Foundation Australia	<a href="https://www.walkforhim.org.au/">https://www.walkforhim.org.au/</a>	Information and resources available on the website.
21 June	Motor Neurone Disease Global Day	Motor Neurone Disease Australia	<a href="https://www.mndaustralia.org.au/">https://www.mndaustralia.org.au/</a>	Information and resources available on the website.

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## JULY 2023

Date	Event	Organisation	Website	Types of resources available
July	Dry July	Dry July Foundation	<a href="http://www.dryjuly.com">www.dryjuly.com</a>	Visit the website to access the following: <ul style="list-style-type: none"> <li>• Social media images</li> <li>• Posters</li> <li>• Pre-written emails</li> </ul>
July	Tradies National Health Month	Australian Physiotherapy Association	<a href="https://australian.physio/campaigns/tradies-national-health-month">https://australian.physio/campaigns/tradies-national-health-month</a>	Check the website closer to the event for updates on the theme. Logos, posters, and teacher resources are available to download from the website.
2-9 July	NAIDOC week	NAIDOC	<a href="http://www.naidoc.org.au/about/naidoc-week">www.naidoc.org.au/about/naidoc-week</a>	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	<a href="https://www.diabetessa.com.au/home">https://www.diabetessa.com.au/home</a> <a href="https://www.diabetessa.com.au/events">https://www.diabetessa.com.au/events</a>	Information and resources are available on the website. Check closer to the date for updated information on the 2023 campaign.
23 July	Stress Down Day	Lifeline Australia	<a href="http://www.lifeline.org.au/support-lifeline/lifeline-campaigns/campaigns">www.lifeline.org.au/support-lifeline/lifeline-campaigns/campaigns</a>	Additional details about this annual campaign are available on the website.
28 July	World Hepatitis Day	Hepatitis Australia	<a href="http://www.worldhepatitisday.org.au">www.worldhepatitisday.org.au</a>	Information, posters, social media images are available for download on the website.

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## AUGUST 2023

Date	Event	Organisation	Website	Types of resources available
7-13 August	Dental Health Week	Australian Dental Association	<a href="http://www.ada.org.au/Dental-Health-Week/About">www.ada.org.au/Dental-Health-Week/About</a>	Posters, fact sheets, and a resource kit will be available to download from the website.
August (tbc)	Corporate Cup	Life Be in It	<a href="http://thecorporatecup.com.au">http://thecorporatecup.com.au</a>	Runs fortnightly for 16 weeks. Website will be updated with details for the 2023 Campaign closer to the event.
7-13 August	National Stroke Week	Stroke Foundation	<a href="https://strokefoundation.org.au/what-we-do/prevention-programs/national-stroke-week">https://strokefoundation.org.au/what-we-do/prevention-programs/national-stroke-week</a>	Check the website for updated details on the 2023 campaign closer to the event.
August (tbc)	Daffodil Day	Cancer Council Australia	<a href="https://www.daffodilday.com.au/about">https://www.daffodilday.com.au/about</a>	Website will be updated with details for the 2023 campaign closer to the event.
25 August	Wear it Purple Day	Wear it Purple	<a href="https://www.wearitpurple.org/">https://www.wearitpurple.org/</a>	Details about Wear it Purple Day and how to get involved available from the website.

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## SEPTEMBER 2023

Date	Event	Organisation	Website	Types of resources available
September	Prostate Cancer Awareness Month	Prostate Cancer Foundation of Australia	<a href="https://www.pcfa.org.au/get-involved/">https://www.pcfa.org.au/get-involved/</a>	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)	<a href="http://www.savethebox.org.au">www.savethebox.org.au</a>	'Save the Box' campaign information, resources, and ways to get involved are available from the website.
September	September	Cerebral Palsy Foundation	<a href="https://www.steptember.org.au/">https://www.steptember.org.au/</a>	Check the website for updated details on the 2023 campaign closer to the event.
01 September (tbc)	Walk to Work Day	Diabetes Australia	<a href="http://www.walk.com.au/wtw">www.walk.com.au/wtw</a>	Details available online re how to become involved in this annual event closer to the date.
14 September	R U Ok? Day	R U Ok?	<a href="http://www.ruok.org.au/join-r-u-ok-day">www.ruok.org.au/join-r-u-ok-day</a>	Guides, videos, presentation packs, posters, postcards, social media resources.
10 September	World Suicide Prevention Day	Lifeline / Beyond Blue	<a href="https://www.lifeline.org.au/get-involved/campaigns-events/">https://www.lifeline.org.au/get-involved/campaigns-events/</a> <a href="#">World Suicide Prevention Day -- Beyond Blue</a>	Additional details and resources about this annual campaign are available on the website.
17 September	City to Bay Fun Run	SA Fun Runs Inc	<a href="http://www.city-bay.org.au">www.city-bay.org.au</a>	Details online re event race options, training workshops, course details and competitions.
September (tbc)	Australian Sleep Awareness Week	Sleep Foundation	<a href="https://www.sleephealthfoundation.org.au/key-events/sleep-week.html">https://www.sleephealthfoundation.org.au/key-events/sleep-week.html</a>	Check the website for updated details on the 2023 campaign closer to the event.
29 September	World Heart Day	World Heart Federation	<a href="http://www.world-heart-federation.org/world-heart-day">www.world-heart-federation.org/world-heart-day</a>	Resources, fact sheets, toolkits, posters, and logos all available to download on website.



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## OCTOBER 2023

Date	Event	Organisation	Website	Types of resources available
October	National Safe Work Month	Safe Work Australia	<a href="http://www.safework.sa.gov.au/resources/national-safe-work-month">www.safework.sa.gov.au/resources/national-safe-work-month</a>	Events details and resources available online
October	Breast Cancer Awareness Month	Cancer Australia	<a href="http://www.canceraustralia.gov.au/about-us/campaigns-events/breast-cancer-awareness-month">www.canceraustralia.gov.au/about-us/campaigns-events/breast-cancer-awareness-month</a>	Information, event details and videos available on the website.
October	Walktober	Walking SA	<a href="http://www.walkingsa.org.au/walktober">www.walkingsa.org.au/walktober</a>	Events details and resources available online
October	Billion Steps Challenge	Wellbeing SA	<a href="https://www.10000steps.org.au/sa-billion-steps/">https://www.10000steps.org.au/sa-billion-steps/</a>	Campaign details and resources available online
October	Mental Health Month	Way Ahead Mental Health Coalition of South Australia (MHCSA)	<a href="https://mentalhealthmonth.wayahead.org.au/">https://mentalhealthmonth.wayahead.org.au/</a> <a href="https://mhcsa.org.au/mental-health-month/">https://mhcsa.org.au/mental-health-month/</a>	Check the website for updated details on the 2023 campaign closer to the event.
October (tbc)	Carers Week	Carers Australia	<a href="https://carersweek.com.au/">https://carersweek.com.au/</a>	Check the website for updated details on the 2023 campaign closer to the event.
10 October	National Hat Day	Australian Rotary Health	<a href="https://hatday.com.au/">https://hatday.com.au/</a>	Event kit available online. Check the website for updated details on the 2023 campaign closer to the event.
10 October	World Mental Health Day	Mental Health Australia	<a href="https://lookafteryourmentalhealthaustralia.org.au/">https://lookafteryourmentalhealthaustralia.org.au/</a>	Check the website for updated details on the 2023 campaign closer to the event.
October (tbc)	Pink Ribbon Day	Cancer Council	<a href="http://www.cancercouncilfundraising.com.au/pink-ribbon">www.cancercouncilfundraising.com.au/pink-ribbon</a>	Host kits and resources on women's cancer are available on the website check back for 2023 details.
October (tbc)	National Nutrition Week	Nutrition Australia	<a href="http://www.nutritionaustralia.org">www.nutritionaustralia.org</a>	Website will be updated for the 2023 campaign closer to the event.
18 October	National Ride 2 Work Day	Bicycle Network	<a href="http://www.bicyclenetwork.com.au/rides-and-events/ride2work">www.bicyclenetwork.com.au/rides-and-events/ride2work</a>	Rides, events, programs, and resources all available to download from the website.

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## NOVEMBER 2023

Date	Event	Organisation	Website	Types of resources available
November	Movember	Movember Foundation	<a href="http://www.movember.com">www.movember.com</a>	Information on men's health, events, stories, and videos available on the website.
November	Lung Cancer Awareness Month	Cancer Australia	<a href="http://www.canceraustralia.gov.au/healthy-living/campaigns-events/lung-cancer-awareness-month">www.canceraustralia.gov.au/healthy-living/campaigns-events/lung-cancer-awareness-month</a>	Website will be updated for the 2023 campaign closer to November.
November (tbc)	Perinatal Anxiety and Depression Awareness (PANDA) Week	PANDA	<a href="https://www.panda.org.au/awareness/perinatal-mental-health-week">https://www.panda.org.au/awareness/perinatal-mental-health-week</a>	Check the website for updated details on the 2023 campaign closer to the event.
November (tbc)	National Cervical Cancer	Australian Cervical Cancer Foundation	<a href="https://accf.org.au/">https://accf.org.au/</a>	Visit the website closer to the date for more information.
14 November	World Diabetes Day	Diabetes Australia	<a href="http://www.diabetesaustralia.com.au">www.diabetesaustralia.com.au</a> <a href="https://worlddiabetesday.org">https://worlddiabetesday.org</a>	Website will be updated for the 2023 campaign closer to November.
18 November	White Ribbon Day	White Ribbon Australia	<a href="https://events.whiteribbon.org.au/create-my-own-event">https://events.whiteribbon.org.au/create-my-own-event</a>	Register to host a White Ribbon Day event. Check the website for updated details and resources on the 2023 campaign closer to the event.
November (tbc)	Sugar Awareness Week	World Action on Salt, Sugar and Health	<a href="https://www.worldactiononsalt.com/">https://www.worldactiononsalt.com/</a>	Check the website for updated details on the 2023 campaign closer to the event.
19 November	International Men's Day	Australian Men's Health Forum	<a href="https://www.internationalmensday.info/">https://www.internationalmensday.info/</a>	Information on men's health, events, stories available on the website.
20-26 November	National Skin Cancer Action Week	Cancer Council	<a href="http://www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events/national-skin-cancer-action-week.html">www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events/national-skin-cancer-action-week.html</a>	Publications, factsheets, posters, videos, social media resources available to download.

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## DECEMBER 2023

Date	Event	Organisation	Website	Types of resources available
3 December	International Day of Persons with Disabilities	United Nations	<a href="https://www.un.org/en/observances/day-of-persons-with-disabilities">https://www.un.org/en/observances/day-of-persons-with-disabilities</a>	Check the website for updated details on the 2023 campaign closer to the event.
10 December	Human Rights Day	United Nations	<a href="https://www.un.org/en/observances/human-rights-day">https://www.un.org/en/observances/human-rights-day</a>	Check the website for updated details on the 2023 campaign closer to the event.

*Please note this is not an exhaustive list and these events are not necessarily endorsed by the Collaborative Partnership for Health and Wellbeing South Australia.*

### Campaigns running year-round:

- Skin cancer and sun protection awareness: [www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events](http://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>
- Get Healthy Service – free telephone-based personal health coaching program: [www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au)
- Health and Wellbeing Tips: [www.wellbeingsa.sa.gov.au/your-wellbeing](http://www.wellbeingsa.sa.gov.au/your-wellbeing)
- **Free** healthy workplace resources offered year round: [Healthy living resources](#)