



# 2023 EMPLOYEE WELLNESS CALENDAR





## Employee Wellness Resource

This calendar shares a selection of global and regional health awareness events, plus recommended WORKBLIS wellness initiatives.

Countries featured include The US, Canada, UK, Ireland, India, Australia & The Philippines.

Programs are tailored to suit employees across industries including manufacturing, logistics, retail, hospitality, healthcare, transportation and more.

Contact us for your bespoke domestic/global wellness program.



# January

## AUSTRALIA

All month [Veganuary\\_](#)

## CANADA

15-21st Jan [National Non-Smoking Week](#)

25th Jan [Let's Talk Day\\_](#)

## THE PHILIPPINES

All month [Healthy Liver Awareness Month](#)

## UK

All month [Dry January\\_](#)

All month [Love Your Liver](#)

All month [Veganuary\\_](#)

13-20th Jan [National Obesity Awareness Week](#)

16th Jan [Blue Monday\\_](#)

## USA

15-21st Jan [National Healthy Weight Week](#)

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for January is as follows:*

- Hydration Tips for 2023
- 10 Tips To Minimize Stress and Keep Healthy
- 10 Practical Weight Loss Tips
- 10 Ways To Make Your Goals Stick This Year
- Lifestyle Advice For The New Year

Deliver wellness tips for your global population, with multilingual content tailored to meet regional requirements.

Languages include Spanish, Portuguese, French, Mandarin, Malay and Japanese. Contact WORKBLISS for further details.



# February

## AUSTRALIA

All month Febfast - give up alcohol  
All Month Red Feb

## CANADA

All month Psychology Month  
All month Heart Health Month

## GLOBAL

7th Feb Safer Internet Day

## INDIA

Heart Health Month

## UK

All month Sugar Free February  
All month Heart Health Month  
2nd Feb Time To Talk Day

## USA

All month Heart Health Month  
3rd Feb National Wear Red Day

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for February is as follows:*

- Lifestyle Advice For A Healthy Heart
- 10 sugar free alternatives to traditional favourites
- Managing Technology Use
- Self Care Tips for 2023

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# March

## CANADA

All month  
All month  
All month

National Nutrition Month  
National Liver Month  
Music Therapy Awareness Month

## GLOBAL

4th March  
8th March  
9th March  
13-19th March  
17th March  
20th March

World Obesity Day  
International Women’s Day  
World Kidney Day  
International Brain Awareness Week  
World Sleep Day  
International Day Of Happiness

## UK

All month  
13-19th March

National Bed Month  
Nutrition & Hydration Week

## USA

All month  
All month  
3rd March  
12-18th March

National Nutrition Month  
National Kidney Month  
Employee Appreciation Day  
Sleep Awareness Week

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for March is as follows:*

- Lifestyle Advice For Healthy Kidneys
- Sleep Health & Hygiene Tips
- Oral Health & Hygiene - Infographic & Tips
- Creative Ways to Boost Brain Health
- 4 Hobbies That Make You Smart (Brain Health)
- Building A Healthy Meal Plan

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# April

## GLOBAL

7th April	<u>World Health Day</u>
22nd April	<u>Earth Day</u>
28th April	<u>World Day for Safety and Health at Work</u>

## UK

Stress Awareness Month

## USA

All month	<u>Stress Awareness Month</u>
All month	<u>Financial Literacy Month</u>
All month	<u>National Occupational Therapy Month</u>
All month	<u>IBS Awareness Month</u>
All month	<u>Alcohol Awareness Month</u>

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for April is as follows:*

- 10 Day 'Plastic-Free' Challenge
- 10 Ways To Stay Healthy At Work
- Lifestyle Advice To Help You Stress Less

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# May

## AUSTRALIA

All month  
25-31st May

Lung Health Awareness Month  
Spinal Health Week

## CANADA

High Blood Pressure Education Month

## GLOBAL

All month  
All month  
12th May  
15th May  
17th May  
28th May  
29th May  
31st May

Mindful In May  
Employee Health & Fitness Month  
World Chronic Fatigue Awareness Day  
International Day Of Families  
World Hypertension Day  
International Women's Health Day  
World Digestive Health Day  
World No Tobacco Day

## THE PHILIPPINES

High Blood Pressure Education Month

## UK

15-21st May

Mental Health Awareness Week

## USA

All month  
All month  
14-20th May

Mental Health Month  
High Blood Pressure Education Month  
Women's Health Week

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for May is as follows:*

- 10 Self Preservation Habits To Boost Mental Wellness
- 10 Self Care Habits To Boost Physical Wellness
- Whole Foods For Mental Wellbeing
- 10 Lifestyle Habits For Increased Energy
- Make Good Use Of Your Break Time
- 10 Ways To Quit Smoking
- 10 Deskercise Moves

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# June

## GLOBAL

7-13th June	<u>World Heart Rhythm Week</u>
10th June	<u>Global Wellness Day</u>
12-18th June	<u>Men's Health Week</u>
21st June	International Day Of Yoga
26-30th June	<u>World Wellbeing Week</u>

## THE PHILIPPINES

All month	<u>National No Smoking Month</u>
All month	<u>National Kidney Month</u>

## UK

6-12th June	<u>National Growing For Wellbeing Week</u>
6-12th June	<u>Aromatherapy Awareness Week</u>
12-18th June	<u>Diabetes Awareness Week</u>
12-16th June	<u>Healthy Eating Week</u>
21-27th June	<u>Breathe Easy Week - Lung Awareness</u>

## USA

All month	<u>National Migraine &amp; Headache Awareness Month</u>
All month	<u>Men's Health Month</u>

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for June is as follows:*

- 5 Ways To Improve Physical Health
- 5 Drug-Free Ways To Relieve Headaches
- 5 Desk Yoga Exercises
- 5 Mental Health Benefits Of Yoga

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# July

## AUSTRALIA

All month Dry July.  
23rd July Stress Down Day.

## GLOBAL

24th July International Self Care Day.

## THE PHILIPPINES

All month Nutrition Month

## USA

All month Hydration Awareness Month  
16-22nd July Everybody Deserves A Massage Week

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for July is as follows:*

- 10 Savvy Financial Hacks For The Summer
- Self Massage For Stress Relief - Techniques - Tips & Infographics
- Making A Natural Summer First-Aid Kit

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# August

THE PHILIPPINES

National Lung Month

USA

15th August

National Relaxation Day

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for August is as follows:*

- 5 Family Fun Workouts
- 10 Healthy Summer Smoothies
- Staying Hydrated In The Summer

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# September

## AUSTRALIA

All month  
6th Sept  
4-10th Sept  
4-13th Sept

## GLOBAL

All month  
All month  
21st Sept  
20-25th Sept  
29th Sept

## IRELAND

All month  
22nd Sept  
26-30th Sept

## THE PHILIPPINES

## UK

4-13th Sept  
4-10th Sept

## USA

All month  
All month

Liptember - Women's Mental Health  
National Health and Physical Education Day  
Women's Health Week  
Migraine Awareness Week

SleepTember  
Self Care Awareness Month  
World Gratitude Day  
International Week Of Happiness At Work  
World Heart Day

Irish Heart Month  
National Fitness Day  
Positive Ageing Week  
Obesity Prevention Awareness Month

Migraine Awareness Week  
Know Your Numbers Week - Blood Pressure

National Cholesterol Education Month  
Healthy Ageing Month

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for September is as follows:*

- 5 Lifestyle Hacks For Improved Sleep Quality
- 10 Ways To Manage Cholesterol
- 7 Cholesterol Reducing Recipes
- 10 Heart Loving Foods
- 10 Heart Loving Workouts

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# October

AUSTRALIA  
All month

OcSober

10-17th Oct

Mental Health Week

GLOBAL

10th Oct  
12-20th Oct

World Mental Health Day  
Bone & Joint Action Week

UK

All month  
All month  
7-11th Oct  
2-6th Oct

National Cholesterol Month  
Stoptober - Stop Smoking Month  
Back Care Awareness Week  
National Work Life Week

USA

All month  
All month  
All month  
All month  
All month  
16-20th Oct  
22-28th Oct

Healthy Lung Month  
National Liver Awareness Month  
National Physical Therapy Month  
Health Literacy Month  
National Ergonomics Month  
National Health Education Week  
National Respiratory Care Week

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for October is as follows:*

- Using Mindfulness To Improve Mental Health
- 10 Self Care Habits To Boost Your Mental Wellness
- Whole Foods For Mental Wellbeing
- 10 Foods For Healthy Bones & Joints
- Improve Your Driving Posture With These 7 Tips
- 10 Money Saving Strategies

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# November

## AUSTRALIA

22nd Nov [Go Home On Time Day](#)  
18-26th Nov [Social Inclusion Week](#)

## CANADA

19-25th Nov [National Addictions Awareness Week](#)

## GLOBAL

All month [Movember](#)  
1-7th Nov [World Communication Week](#)  
1st Nov [World Vegan Day](#)  
30 Oct- 3rd Nov [International Stress Awareness Week](#)  
14th Nov [World Diabetes Day](#)  
15th Nov [World COPD Day](#)

## UK

7-13th Nov [Occupational Therapy Week](#)  
6-11th Nov [Talk Money Week](#)

## US

All month [Healthy Lifestyles Month](#)  
All month [American Diabetes Month](#)  
All month [COPD Awareness Month](#)  
All month [Bladder Health Month](#)  
All month [National Gratitude Month](#)  
1st Nov [National Family Literacy Day](#)

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for November is as follows:*

- 10 Vegetarian Breakfast/Lunch Recipes
- 10 Morning Workouts - Men’s Health
- Protein Rich / Low Carb Lunches - Men’s Health
- 15 Healthy Ways To Handle A Stressful Situation
- 10 Ways To Live Healthy - Diabetes Prevention
- 5 Healthy Thanksgiving Recipes

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# December

UK

1-7th of Dec    Anger Awareness Week

## Online content

*WORKBLISS curates blogs, articles, and health tips for wellness hubs, portals and intranet. Recommended content for December is as follows:*

- 10 Healthy Holiday Recipes
- 10 Ways To Reduce Alcohol Consumption
- Self Reflective Exercises To End The Year

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Kate