



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 <u>Veganuary</u>

CANADA

15-21st Jan <u>National Non-Smoking Week</u>

25th Jan <u>Let's Talk Day</u>

THE PHILIPPINES

All month <u>Healthy Liver Awareness Month</u>

UK

All month <u>Dry January</u>

All month Love Your Liver

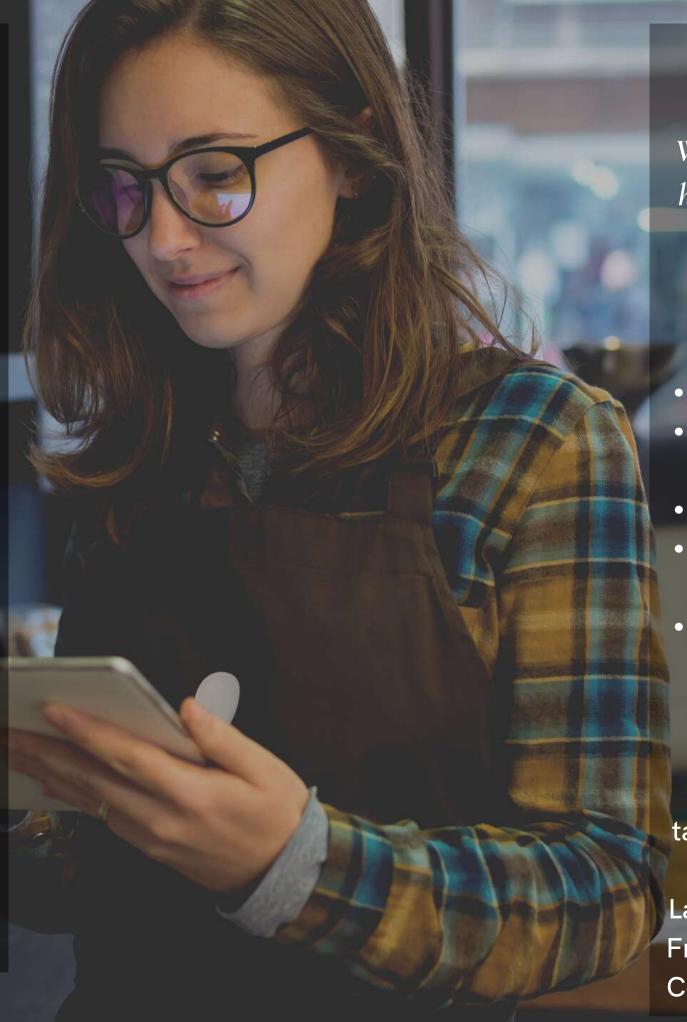
All month <u>Veganuary</u>

13-20th Jan <u>National Obesity Awareness Week</u>

16th Jan <u>Blue Monday</u>

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.



February

AUSTRALIA

All month

All Month

Febfast - give up alcohol

Red Feb

CANADA

All month All month Psychology Month

Heart Health Month

GLOBAL

7th Feb

Safer Internet Day

INDIA

Heart Health Month

Sugar Free February

Heart Health Month

Time To Talk Day

UK

All month

All month

2nd Feb

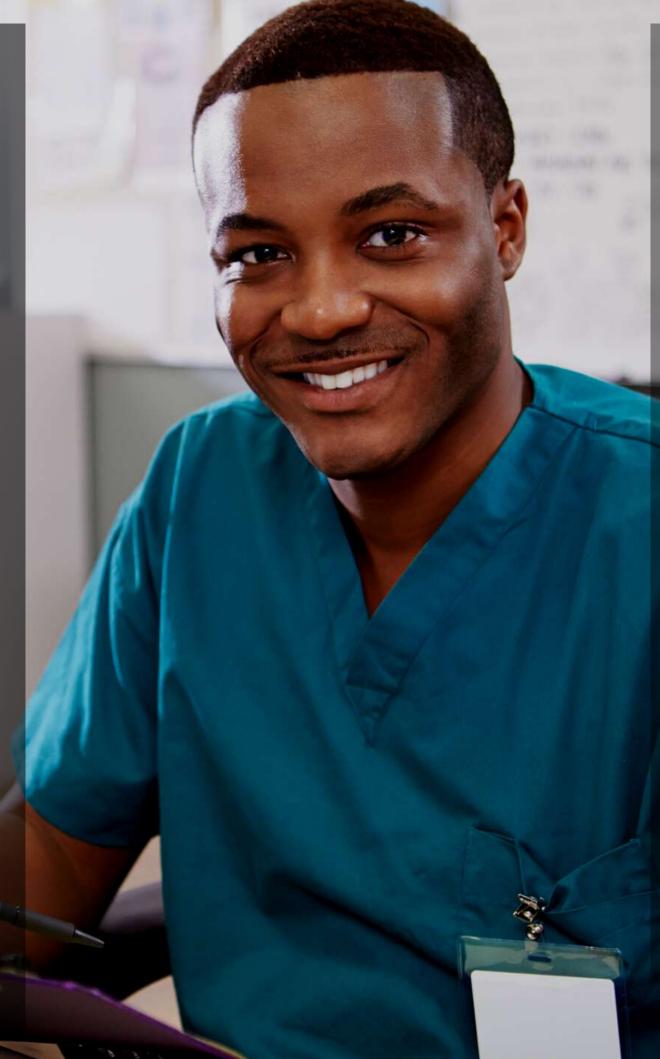
USA

All month

3rd Feb

Heart Health Month

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

GLOBAL

4th March

8th March

9th March

13-19th March

17th March

20th March

UK

All month 13-19th March

USA

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

National Nutrition Month

National Liver Month

Music Therapy Awareness Month

World Obesity Day

International Women's Day

World Kidney Day

International Brain Awareness Week

World Sleep Day

<u>International Day Of Happiness</u>

National Bed Month

Nutrition & Hydration Week

National Nutrition Month

National Kidney Month

Employee Appreciation Day

Sleep Awareness Week



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 World Health Day

22nd April <u>Earth Day</u>

28th April World Day for Safety and Health at Work

UK Stress Awareness Month

USA

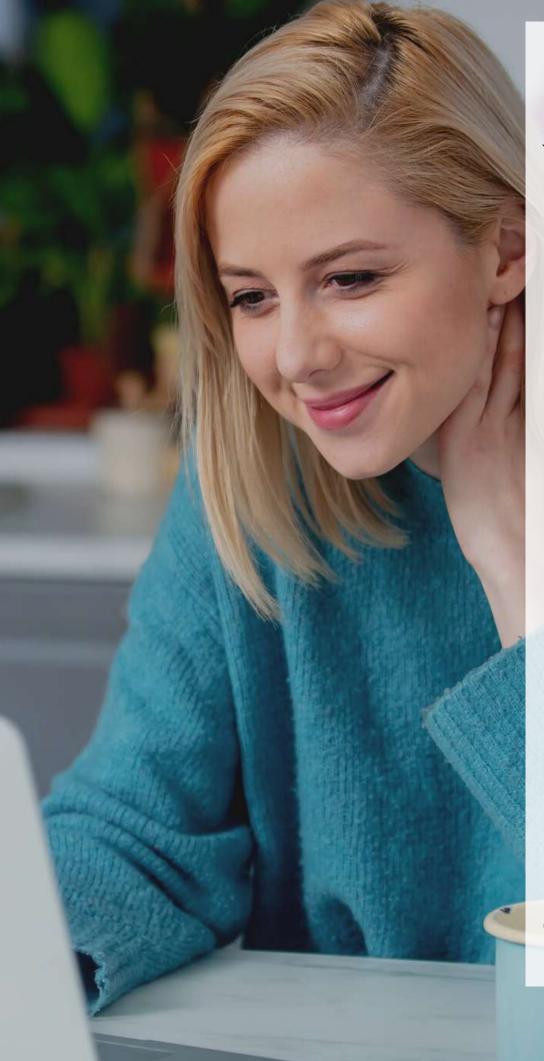
All month <u>Stress Awareness Month</u>

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 <u>Lung Health Awareness Month</u>

25-31st May Spinal Health Week

CANADA <u>High Blood Pressure Education Month</u>

GLOBAL

All month <u>Mindful In May</u>

All month <u>Employee Health & Fitness Month</u>

12th May World Chronic Fatigue Awareness Day

15th May International Day Of Families

17th May <u>World Hypertension Day</u>

28th May <u>International Women's Health Day</u>

29th May World Digestive Health Day

31st May World No Tobacco Day

THE PHILIPPINES <u>High Blood Pressure Education Month</u>

UK

15-21st May Mental Health Awareness Week

USA

All month Mental Health Month

All month <u>High Blood Pressure Education Month</u>

14-20th May Women's Health Week



Online content

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- 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 Men's Health Week

21st June International Day Of Yoga

26-30th June World Wellbeing Week

THE PHILIPPINES

All month National No Smoking Month

All month National Kidney Month

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>

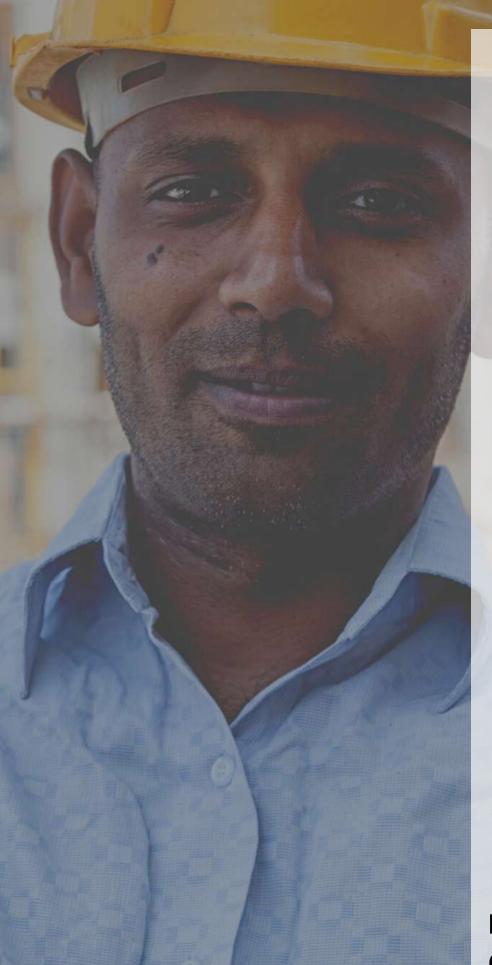
12-16th June <u>Healthy Eating Week</u>

21-27th June <u>Breathe Easy Week - Lung Awareness</u>

USA

All month National Migraine & Headache Awareness Month

All month Men's Health Month



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

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- 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

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 <u>Liptember - Women's Mental Health</u>

<u>National Health and Physical Education Day</u>

Women's Health Week

Migraine Awareness Week

<u>SleepTember</u>

Self Care Awareness Month

World Gratitude Day

<u>International Week Of Happiness At Work</u>

World Heart Day

<u>Irish Heart Month</u>
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

10-17th Oct

GLOBAL

10th Oct 12-20th Oct

UK

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

USA

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

OcSober

Mental Health Week

World Mental Health Day Bone & Joint Action Week

National Cholesterol Month

Stoptober - Stop Smoking Month

Back Care Awareness Week

National Work Life Week

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

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- 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 18-26th Nov

CANADA 19-25th Nov

GLOBAL

All month 1-7th Nov

1st Nov

30 Oct- 3rd Nov

14th Nov 15th Nov

UK

7-13th Nov 6-11th Nov

US

All month
All month
All month
All month
All month
All month

Go Home On Time Day Social Inclusion Week

National Addictions Awareness Week

<u>Movember</u>

World Communication Week

World Vegan Day

International Stress Awareness Week

World Diabetes Day
World COPD Day

Occupational Therapy Week

Talk Money Week

Healthy Lifestyles Month
American Diabetes Month
COPD Awareness Month
Bladder Health Month
National Gratitude Month
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

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

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