

# Wellbeing Calendar 2023

## Awareness Days 2023

### January

Theme: Goal Setting

**Webinar: Goal Setting for All Year Round**

Thursday, 19 January 2023

2:00pm AEDT / 11:00am AWST

PAID

### February

Theme: Heart Health Month

**Webinar: How to exercise for your heart and health**

Thursday, 16 February 2023

2:00pm AEDT / 11:00am AWST

FREE

### March

Theme: Nutrition

**Webinar: Optimal health through Nutrition**

Thursday, 16 March 2023

2:00pm AEDT / 11:00am AWST

PAID

### April

Theme: Positive Thinking

**Webinar: The Power of Positive Thinking**

Thursday, 20 April 2023

2:00pm AEST / 12:00pm AWST

PAID

### May

Theme: Prepare for end of Financial Year

**Webinar: The Essentials of Financial Health**

Thursday, 18 May 2023

2:00pm AEST / 12:00pm AWST

PAID

### June

Theme: Mental health awareness

**Webinar: Mental Health Education and Awareness**

Thursday, 22 June 2023

2:00pm AEST / 12:00pm AWST

FREE

### July

Theme: Relationships with Technology

**Webinar: Developing a healthy relationship with technology**

Thursday, 20 July 2023

2:00pm AEST / 12:00pm AWST

PAID

### August

Theme: Sleep

**Webinar: Sleep as a super power**

Thursday, 17 August 2023

2:00pm AEST / 12:00pm AWST

PAID

### September

Theme: Mental health conversations

**Webinar: R U OK, Speak up, Stand up**

Thursday, 14 September 2023

2:00pm AEST / 12:00pm AWST

FREE

### October

Theme: Mindfulness

**Webinar: Finding mindfulness in a time of unlimited distractions**

Thursday, 19 October 2023

2:00pm AEDT / 11:00am AWST

PAID

### November

Theme: Relationships

**Webinar: Respectful Relationships improving important relationships in your life**

Thursday, 16 November 2023

2:00pm AEDT / 11:00am AWST

PAID

### December

Theme: Get Ready for the Festive Holidays

### March

- Melanoma March
- 8th March | International Women's Day
- 20th March | International Day of Happiness

### April

- 7th April | World Health Day
- 25th April | Anzac Day
- 28th April | World day for Safety and Health at Work
- Flu Vaccination Season

### May

- 15th May | International day of Families
- 17th May | International day against homophobia, Biphobia and Transphobia
- 22nd – 28th May | Exercise Right Week
- 27th May – 3rd June | Reconciliation Week
- Flu Vaccination Season

### June

- 12th – 18th June | Men's Health Week
- 13th – 19th June | Infant Mental Health Awareness Week

### July

- Eye Health awareness Month
- 2nd – 9th July | NAIDOC Week
- 30th July | International Day of Friendship

### August

- Tradies National Health Month

### September

- 4th – 10th September | Women's Health Week
- 14th September | R U OK Day

### October

- Mental Health Month
- National Work Safe Month
- 10th October | World Mental Health Day

### November

- 19th November | International Men's Day

### December

- 3rd December | International Day of People with Disability