

2020

# Health and Wellbeing Calendar



**Corporate  
Occupational  
Health**

01



**OCCUPATIONAL HEALTH**  
Show & Tell

02



**NATIONAL HEART MONTH**  
Taking Care of Your Heart

03



**SLEEP**  
The Importance of Sleep

04



**SPRING INTO FITNESS**  
• Strength & Toning Exercises  
• Stretching  
• Run for Fun  
• Workouts HiIT

05



**GUT HEALTH**  
• World Digestive Health Day  
**SKIN & SUN AWARENESS WEEK**

06



**BIKE WEEK**  
• Cycle to Work Day  
**MENS HEALTH WEEK**

07



**A DAILY DOSE OF GREEN SPACE**  
• Walking  
• Outdoors  
• Effects of Mother Nature  
• Taking a Break

08



**TRY A SPORT WEEK**  
Get Active & Fit  
Trying A New Sport

09



**CANCER AWARENESS**  
• Blood  
• Prostate  
• Bowel  
• Lung

10



**HEALTH & WELLBEING WEEK**  
HEALTHY EATING • Nutrition  
**NATIONAL CHOLESTEROL MONTH**

11



**MINDFULNESS**  
• Wellness • Mental Health  
• Stress & Anxiety • Building Personal Resilience  
• Dementia

12



**SANTA FUN RUN**