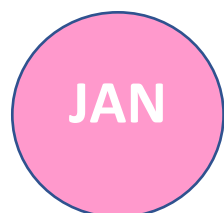
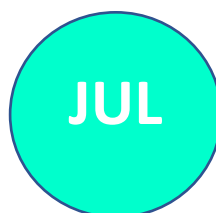


Health Awareness and Wellbeing Activity CALENDAR 2020

To assist you in developing your local Wellbeing Calendar to align with key internal and external events



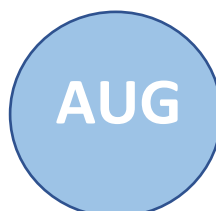
[Employee Assistance Program](#)
[Tour Down Under – Team UniSA](#)
[Enterprising Essentials Program](#)



[Dry\(ish\) July – Alcohol Free](#)
[Free Re-start Well Health Check](#)
[Virtual Distance Running](#)
[Group Classes on Campus](#)
[Covid-19 Updates – Wellbeing](#)



[Feb Fast - Time out from alcohol](#)
[UniSA Allied Health Clinics](#)
[Employee Assistance Program](#)



[Free Re-start Well Health Check](#)
[Enterprising Essentials Program](#)
[Daffodil Day – Cancer Council](#)
[Covid-19 Updates – Wellbeing](#)



[Influenza Vaccination Program](#)
[Melanoma March](#)
[Skin Check – UniSA Medical Clinic](#)
[Sleep Well – Mindfulness Tracks](#)
[WOMAD - The World's Festival](#)



[RUOk?Day](#)
[Employee Assistance Program](#)
[Resilience @ Work Toolkit](#)
[Corporate Health Insurance](#)
[Covid-19 Updates – Wellbeing](#)



[Influenza Vaccination Program](#)
[UniSA Sport](#)
[Ergonomic Assessment & Module](#)
[9 Minute Guided Meditation](#)
[Covid-19 Updates – Wellbeing](#)



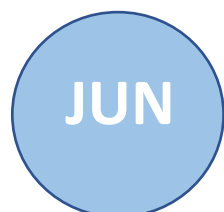
[Employee Assistance Program](#)
[National Ride2Work Day](#)
[Mental Health Week](#)
[Online Mental Health Training](#)
[Women's Health Week](#)
[Covid-19 Updates – Wellbeing](#)



[Influenza Vaccination Program](#)
[Heart Health Promotion](#)
[Batyr Mental Health Awareness](#)
[UniSuper – Advice & Webcasts](#)
[Covid-19 Updates – Wellbeing](#)



[City to Bay Fun Run – UniSA Sport](#)
[National Skin Cancer Awareness Week](#)
[Movember – Men's Health Awareness](#)
[Covid-19 Updates – Wellbeing](#)



[Influenza Vaccination Program](#)
[Pridham Hall Pool and Gym](#)
[Facilities - Salary Sacrifice](#)
[Men's Health Week](#)
[Covid-19 Updates – Wellbeing](#)



[Volunteer Graduation Ceremonies](#)
[Leave and Flexible Work](#)
[Employee Assistance Program](#)
[Covid-19 Updates – Wellbeing](#)

Note: This is not an exhaustive list of Wellbeing initiatives and events. Contact Lindsay Sportmann Lindsay.sportmann@unisa.edu.au or visit the [Wellbeing Website](#) for more information.