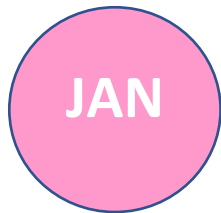
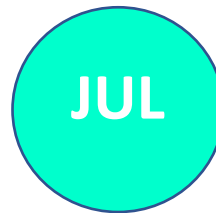


Health Awareness and Wellbeing Activity CALENDAR

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



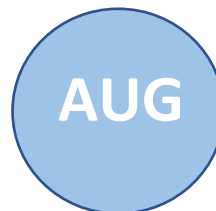
- [Employee Assistance Program](#)
- [Covid-19 Updates – Wellbeing](#)
- [Skin Check – UniSA Medical Clinic](#)



- [Dry\(ish\) July – Alcohol Free](#)
- [Group Classes on Campus](#)
- [Manager Assist Program](#)



- [Feb Fast - Time out from alcohol](#)
- [UniSA Allied Health Clinics](#)
- [Employee Assistance Program](#)
- [Open Your World - Statewide Wellbeing Initiative](#)



- [Health Check](#)
- [Enterprising Essentials Program](#)
- [Daffodil Day – Cancer Council](#)
- [Financial Wellbeing - Moneysmart](#)



- [Enterprising Essentials Program](#)
- [Melanoma March](#)
- [Sleep Well – Mindfulness Tracks](#)
- [WOMAD - The World's Festival](#)



- [RUOK?Day](#)
- [Employee Assistance Program](#)
- [Resilience @ Work Toolkit](#)
- [Corporate Health Insurance](#)



- [Influenza Vaccination Program](#)
- [UniSA Sport](#)
- [Ergonomic Assessment & Module](#)
- [9 Minute Guided Meditation](#)



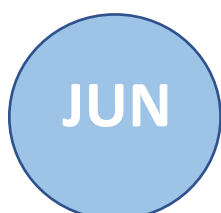
- [Employee Assistance Program](#)
- [National Ride2Work Day](#)
- [Mental Health Week](#)
- [Online Mental Health Training](#)
- [Women's Health Week](#)



- [Influenza Vaccination Program](#)
- [Heart Health Promotion](#)
- [Mindfulness May](#)
- [Guided Meditation online](#)
- [Batyrr Mental Health Awareness](#)
- [UniSuper – Advice & Webcasts](#)



- [UniSA Sport](#)
- [National Skin Cancer Awareness Week](#)
- [Movember – Men's Health Awareness](#)



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



- [Volunteer Graduation Ceremonies](#)
- [Leave and Flexible Work](#)
- [Employee Assistance Program](#)

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.