

Health Awareness and Wellbeing Activity CALENDAR

To assist you in developing your local wellbeing calendar to align with key internal and external events

JAN

- [Employee Assistance Program](#)
- [Guided Meditation with Peter Bliss](#)
- [Planning Leave & apply for ERL](#)

JUL

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

FEB

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

AUG

- [Book a Health Check at UniSA Medical Clinic](#)
- [Enterprising Essentials Program](#)
- [Daffodil Day – Cancer Council](#)
- [Financial Wellbeing - Moneysmart](#)

MAR

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

SEP

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

APR

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

OCT

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

MAY

- [Influenza Vaccination Program](#)
- [Heart Health Promotion](#)
- [Mindfulness May](#)
- [UniSuper – Advice & Webcasts](#)

NOV

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

JUN

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

DEC

- [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.