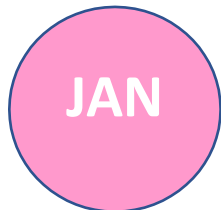


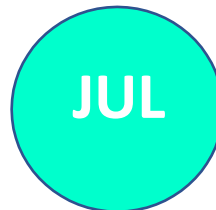
## Health Awareness and Wellbeing Activity CALENDAR

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](#)
- [Wellbeing Gateway](#)



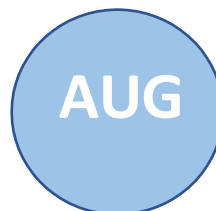
JUL

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



FEB

- [Feb Fast - Time out from alcohol](#)
- [UniSA Allied Health Clinics](#)
- [Employee Assistance Program](#)
- [360 Health Support - UniSuper](#)
- [Preventative Health SA](#)



AUG

- [Health Checks at UniSA Health 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](#)
- [Women's Health Week](#)



APR

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



OCT

- [Employee Assistance Program](#)
- [National Ride2Work Day](#)
- [Mental Health Month](#)
- [Wellbeing Gateway - Mental Health](#)



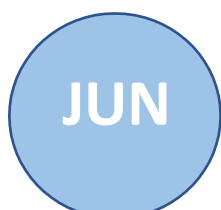
MAY

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



NOV

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



JUN

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



DEC

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