

Health Project Calendar

2012

Plan & Align Your Workplace Health Initiatives Around Key Health Awareness Campaigns



January

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Australia's Healthy Weight Week
23	24	25	26 Australia Day	27	28	29
30	31					

Summer Health: [Heat Seminar](#) – Managing The Warm Weather & Sun Smart

Australia's Healthy Weight Week: [Nutrition Seminar For Weight Management & Healthy Lunches Cooking Demo](#)

February

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Ovarian Cancer Awareness Month	2	3	4 World Cancer Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 National Sunnies For Sight Day	25	26
27	28					

Ovarian Cancer Awareness Month: [Cancer Seminar Women's Health Focus](#)

World Cancer Day: [Cancer Risk Awareness & Reducing Your Risk](#)

National Sunnies For Sight Day: [Eye Checks](#)

March

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 March For Melanoma Nissan Corporate Melbourne
5 Labour Day (WA)	6	7	8 World Kidney Day & International Women's Day	9	10	11 Nissan Corporate Triathlon Perth
12 Canberra Day (ACT) Labour Day (VIC)	13	14 World No Smoking Day	15 Worlds Greatest Shave For Leukaemia	16	17	18 Nissan Corporate Triathlon Adelaide
19	20	21 Ride To School Day	22	23	24	25
26	27	28	29	30	30	

March For Melanoma: [Sun Sense Seminar & Skin Checks](#) International Women's Day: [Women's Health Seminar](#) (Hormones, Stress, Cortisol, Thyroid)

World No Smoking Day: [Quit Seminar & Smoking Cessation Programs](#) Nissan Corporate Triathlon Series: [Sports Nutrition Seminar](#) Flu Vaccination Season [March to May](#)

April

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6 Good Friday	7 World Health Day	8 Easter Sunday
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 ANZAC Day	26	27	28	29
30 Nissan Corporate Triathlon Sydney						1

World Health Day: [Health Week](#) (Monday Massage, Tuesday Food-day, Wednesday Health Seminar, Thursday Health Checks, Friday Fitness)

World Health Day: [Health Expo](#) (Massage, Superfoods Food Tasting, Blood Type Stand, Women's Health, Men's Health, Health Checks)

Nissan Corporate Triathlon Series: [Sports Nutrition Seminar](#)

May

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 World Asthma Day	2	3	4	5 Nissan Corporate Triathlon GC	6
7	8	9	10	11	12	13 Mother's Day
14	15	16	17	18 Walk Safely To School	19	20
21	22	23	24 Australia's Biggest Morning Tea	25	26	27
28	29	30	31 World No Tobacco Day			

Nissan Corporate Triathlon Series: [Sports Nutrition Seminar](#)

World No Smoking Day: [Quit Seminar & Smoking Cessation Programs](#)

June

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 1 st Day Of Winter	2	3 Bowel Cancer Awareness Week
4 Foundation Day (WA)	5	6 Red Apple Day For BCAW	7	8	9	10
11 International Men's Health Week Queen's Birthday (excl WA) Volunteer Day (SA)	12	13	14	15 Oxfam Trailwalker BNE	16	17
18	19	20	21 Winter Solstice	22	23	24
25	26	27	28	29 Red Nose Day	30	

Winter: Winter Health Seminar ([Cold & Flu Management, Immune System & Resilience Building](#))

Bowel Cancer Awareness Week: [Healthy Food Tasting & Cooking Demo](#) Red Apple Day For Bowel Cancer AW: [Bowel & Digestive Health Seminar](#)

International Men's Health Week: [Men's Health Seminar](#) Oxfam Trailwalker: [Sports Nutrition Seminar](#)

July

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8 National Diabetes Week
9	10	11	12	13	14	15 Run Melbourne
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					1

National Diabetes Week: [Diabetes Health Seminar](#) (Insulin Resistance, Metabolic Syndrome, VAT, SCAT & Lifestyle Strategies)

Run Melbourne: [Corporate Fun Run Training](#)

August

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 Jeans For Genes Day	4	5 National Healthy Bones Week
6 Bank Holiday (NSW)	7	8	9	10	11	12 City To Surf Sydney
13	14	15	16	17	18	19
20	21	22	23	24	25	26 City To Surf Perth
27	28	29 Daffodil Day For Cancer Council	30	31		1

City To Surf: [Corporate Fun Run Training](#)

Daffodil Day: [Cancer Seminar Increase Awareness & Reduce Your Risk](#)

National Healthy Bones Week: Date Not Yet Confirmed, likely 5th August. Oxfam Trailwalker Sydney Dates To Be Confirmed

September

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Father's Day
3	4	5	6	7	8	9
10	11	12	13	14	15	16 City To Bay Adelaide
17	18	19	20	21 Walk To Work Day	22	23
24	25	26	27	28	29	30

City To Bay: [Corporate Fun Run Training](#)

Walk To Work Day: [Healthy Workplace Breakfast & Healthy Breakfast Cooking Demo](#) (Buckwheat Pancakes, Quinoa Porridge, Eggs)

October

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Queen's Birthday (WA) Labour Day (ACT, NSW, SA) Ocober & Qitober	2 Breast Cancer Awareness AND Depression & Anxiety Awareness Months	3	4	5	6	7
8	9	10 Ride To Work Day	11	12	13	14
15	16	17	18	19 Nude Food Day	20	21 Safe Work Week Australia
22	23	24	25	26	27	28
29	30	31				

October: [Healthy Juices & Mocktail Cooking Demo](#) Qitober: [Smoking Cessation Program](#) Depression & Anxiety Awareness: [Healthy Mood Foods & Mood Seminar](#)
 Nude Food Day: [Raw Food Tasting](#) Ride To Work Day: [Healthy Workplace Breakfast & Healthy Breakfast Cooking Demo](#) Work Safe Week Melbourne: Dates TBA -
 Likely to be 29 October to 1 November, with regional activities running from 22 October to 1 November [Health Week/ Health Expo](#)

November

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
November			1	2	3	4
5	6 Melbourne Cup Day	7	8	9	10	11 Remembrance Day
12	13	14 World Diabetes Day	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

November: [Men's Health Seminar](#) (Prostate, Testosterone, Cardiovascular Health) City To Sea Melbourne: Dates Yet To Be Confirmed [Corporate Fun Run Training](#)
 World Diabetes Day: [Diabetes Health Seminar](#) (Insulin Resistance, Metabolic Syndrome, VAT, SCAT & Lifestyle Strategies)

December

2012

Healthy Planner

Key Health Dates & Suggestions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 st Day Summer	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Christmas Day
26 Boxing Day	27	28	29	30		

Summer Starts: [Summer Health Seminar](#) (Sun, Hydration & Nutrition) Christmas: [TEAM BUILDING AND REWARD](#) (Lawn Bowls, Indoor Rock-Climbing, Kayak Half or Full Day)

Wishing You And Your Team A Merry Christmas, Safe Holiday And Happy New Year

From The Team At Health Project