

2012 Calendar & Health Planner



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

	January	February	March	April	May	June	July	August	September	October	November	December
	Suggested Monthly Health Initiatives >> * = Date Yet To Be Confirmed	Cancer Seminar Eye Checks	Skin Checks Triathlon Training Quit Smoking Seminar & Smoking Cessation Program Flu Vacs Season - March to May	Health Day or Health Week For World Health Day	Gluten Free Morning Tea Lung Function Testing	Men's Health Seminar Winter Health Seminar Mid Year Health Checks	Corporate Fun Run Training Glucose Checks & Diabetes Seminar	Corporate Fun Run Training	Corporate Fun Run Training Healthy Breakfast Cooking Demo & Food Tasting For Walk To Workers	Health & Safety Week Alcohol & Smoking Cessation Programs Women's Health Seminar	Men's Health Seminar Glucose Checks & Diabetes Seminar *Corporate Games	Staff End Of Year Rewards Massage, Half & Full Day Kayaking, Indoor Rock-Climbing, Lawn Bowls.
Mon										1 Queen's Birthday (WA) Labour Day (ACT, NSW, SA)		
Tues					1 World Asthma Day							
Wed		1 Ovarian Cancer Awareness Month			2			1		October & Quitoer Breast Cancer Awareness Month Anxiety & Depression Awareness Month		
Thurs		2	1		3			2			1 Movember	
Fri		3	2		4	1		3 Jeans For Genes Day			2	
Sat		4 World Cancer Day	3		5 Nissan Corporate Triathlon (GC)	2		4	1		3	1
Sun	1	5	4 March For Melanoma Nissan Corporate Triathlon (MEL)	1 Run For The Kids (VIC)	6	3 Bowel Cancer Awareness Week	1	5 *National Healthy Bones Week	2 Father's Day	7	4	2
Mon	2	6	5 Labour Day (WA)	2	7	4	2	6 Bank Holiday (NSW)	3	8	5	3
Tues	3	7	6	3	8	5	3	7	4	9	6 Melbourne Cup Day (VIC)	4
Wed	4	8	7	4	9	6 Red Apple Day For BC&AW	4	8	5	10 Ride To Work Day	7	5
Thur	5	9	8 World Kidney Day	5	10	7	5	9	6	11	8	6
Fri	6	10	9	6 Good Friday	11	8	6	10	7	12	9	7
Sat	7	11	10	7 World Health Day	12	9	7	11	8	13	10	8
Sun	8	12	11 Nissan Corporate Triathlon (PER)	8 Easter Sunday	13 Mother's Day	10	8 National Diabetes Week	12 City To Surf (SYD)	9	14	11	9
Mon	9	13	12 Canberra Day (ACT) Labour Day (VIC)	9	14	11 International Men's Health Week Queens Birthday (excl WA) Volunteer Day (SA)	9	13	10	15	12	10
Tues	10	14	13	10	15	12	10	14	11	16	13	11
Wed	11	15	14 World No Smoking Day	11	16	13	11	15	12	17	14 World Diabetes Day	12
Thurs	12	16	15 Worlds Greatest Shave For Leukemia	12	17	14	12	16	13	18	15	13
Fri	13	17	16	13	18 Walk Safely To School	15 Oxfam Trailwalker (BNE)	13	17	14	19 Nude Food Day	16	14
Sat	14	18	17	14	19	16	14	18	15	20	17	15
Sun	15	19	18 Nissan Corporate Triathlon(ADL)	15	20	17	15 Run Melbourne	19	16 City To Bay (ADL)	21 Safe Work Australia Week	18	16
Mon	16	20	19	16	21	18	16	20	17	22	19	17
Tues	17	21	20	17	22	19	17	21	18	23	20	18
Wed	18	22	21 Ride To School Day	18	23	20	18	22	19	24	21	19
Thurs	19	23	22	19	24 Australia's Biggest Morning Tea	21	19	23	20	25	22	20
Fri	20	24 National Sunnies For Sight Day	23	20	25	22	20	24	21 Walk To Work Day	26	23	21
Sat	21	25	24	21	26	23	21 Winter Solstice	25	22	27	24	22
Sun	22 Australia's National Healthy Weight Week	26	25	22	27	24	22	26 City To Surf (PER)	30	28	25	23
Mon	23	27	26	23	28	25	23	27	24	29	26	24
Tues	24	28	27	24	29	26	24	28	25	30	27	25 Christmas Day
Wed	25	29	28	25 ANZAC Day	30	27	31	29 Daffodil Day	26	31	28	26 Boxing Day
Thu	26 Australia Day		29	26	31 World No Tobacco Day	28	26	30	27		29	27
Fri	27		30	27		29 Red Nose Day	27	31	28		30	28
Sat	28		31	28		30	28		29			29
Sun	29			29 Corporate Triathlon (SYD)			29		30			30
Mon	30			30			30					31
Tues	31						31	For maximum impact we suggest organising healthy initiatives in your workplace that coincide with key health awareness campaigns. Email: info@healthproject.com.au Or Phone: 03 9497 5707 For more information.				