





# 2024 WELLBEING CALENDAR

## 24/7 Accessibility

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### January

**Awareness days**

- 4th World Braille Day

**Flourish January Edition**

**In the App**

Activate the Converge app

**Upcoming Event**

The ROI of Wellness, Wellbeing and Occupational Health Programs

**Service Highlight**

8 Assist Streams

Theme: **Promote**

### February

**Awareness days**

- Febfast

**Flourish February Edition**

**In the App**

Converge Move Challenge

**Transforming Lives**

Promoting your Wellbeing Calendar and Initiatives

**Service Highlight**

Lifestyle Assist

Theme: **Move**

### March

**Awareness days**

- 8th International Women's Day
- 18th-24th Neurodiversity Celebration Week

**Flourish March Edition**

**In the App**

Diversity and Inclusion Insights

**Transforming Lives**

Supporting Neurodiversity at Work

**Service Highlight**

Specialised Helplines Assist

Theme: **Neurodiversity**

### April

**Awareness days**

- 4th World Corporate Health Day
- 28th World Day for Safety and Health at Work

**Flourish April Edition**

**In the App**

Money Matters Module

**Transforming Lives**

The Cost of Living and Mental Health

**Service Highlight**

Money Assist

Theme: **Finance**

### May

**Awareness days**

- 15th International Day of Families
- 27th May-3rd Jun Reconciliation Week

**Flourish May Edition**

**In the App**

Spotlight on Relationships

**Transforming Lives**

Managing Personal Issues in the Workplace

**Service Highlight**

Conflict Assist

Theme: **Relationships**

### June

**Awareness days**

- 1st Global Day of Parents
- 21st International Day of Yoga

**Flourish June Edition**

**In the App**

Leadership Mini Series

**Transforming Lives**

Imposter Syndrome

**Service Highlight**

Career Assist

Theme: **Career**

### Awareness Dates

**February**

- National Ovarian Cancer Month
- 4th World Cancer Day
- 13th Anniversary National Apology

**March**

- 20th International Day of Happiness
- 21st Harmony Day

**April**

- 2nd World Autism Awareness Day
- 7th World Health Day

**May**

- 17th International Day Against LGBTQIA+ Discrimination
- 20th-26th National Volunteer Week
- 26th National Sorry Day

**June**

- 3rd Mabo Day
- 5th World Environment Day
- 10th-16th Jun Men's Health Week
- 16th-22nd Jun Drug Action Week
- 20th World Refugee Day

**July**

- Dry July
- 24th Stress Down Day
- 30th International Friendship Day

**August**

- 2nd Jeans for Genes Day
- 9th Red Nose Day
- 9th International Day of the World's Indigenous People
- 12th International Youth Day

**September**

- 21st World Gratitude Day

**October**

- 18th World Menopause Day
- 20th-26th Chaplains Beyond Religious Roles Week

**November**

- 13th World Kindness Day
- 20th World Children's Day

**December**

- 1st World Aids Day

### July

**Awareness days**

- 7th-14th NAIDOC Week

**Flourish July Edition**

**In the App**

Cultural Sensitivity

**Transforming Lives**

Enhancing First Nations Employment Practices

**Service Highlight**

First Nations Helpline

Theme: **Diversity**

### August

**Awareness days**

- 7th Aged Care Employee Day
- 16th National Day Against Bullying and Violence

**Flourish August Edition**

**In the App**

PlateUp and H2O Modules

**Transforming Lives**

The Impact of Nutrition on Mental Health

**Service Highlight**

Nutrition Assist

Theme: **Lifestyle**

### September

**Awareness days**

- 10th World Suicide Prevention Day
- 12th R U OK? Day

**Flourish September Edition**

**In the App**

MindSpace

**Transforming Lives**

Enhancing Mental Health Literacy in the Workplace

**Service Highlight**

Employee Assist

Theme: **Mental Health**

### October

**Awareness days**

- National Safe Work Month
- 10th World Mental Health Day

**Flourish October Edition**

**In the App**

Sleep Challenge

**Transforming Lives**

Conducting a Psychosocial Risk Assessment

**Service Highlight**

Manager Assist

Theme: **Safety**

### November

**Awareness days**

- Movember
- 19th International Men's Day
- 25th White Ribbon Day
- Domestic and Family Violence Awareness Month

**Flourish November Edition**

**In the App**

Gratitude Journal

**Transforming Lives**

Mindful Moments at Work

**Service Highlight**

Mindspace Module

Theme: **Gratitude**

### December

**Awareness days**

- 3rd International Day of Persons with Disabilities
- 5th International Volunteer Day

**Flourish December Edition**

**In the App**

Holiday Season Support

**Transforming Lives**

In development

**Service Highlight**

Hydration/Exercise/Nutrition

Theme: **Community**