

2025 STAFF WELLBEING CALENDAR

JANUARY

Creating Vision/
Goal Boards



FEBRUARY

9 - 15th Random Acts of
Kindness Week



MARCH

8th International Women's Day
Physical Activity -
10,000 Step
Challenge



APRIL

25th Anzac Day
Flu Vaccinations
Safety Month



MAY

22nd Mindset &
Gratitude Webinar
Volunteer Day -
Planting Trees



JUNE

9 - 15th Men's
Health Week
Health Checks



JULY

Dry July
Volunteer Day



AUGUST

29th Wear it
Purple Day
Ergonomic
Assessments



SEPTEMBER

11th R U Ok Day
Sun Smart



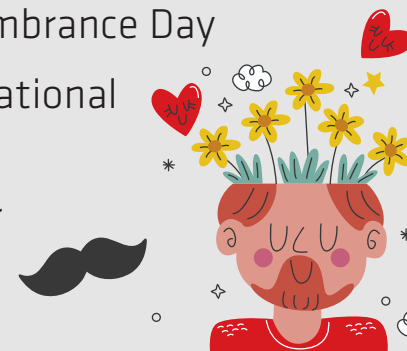
OCTOBER

13 - 19th National Nutrition Week
18th World Menopause Day
Mental Health Month



NOVEMBER

11th Remembrance Day
19th International
Men's Day
Movember



DECEMBER

Gift Giving
to a Cause

