

Healthy Workplaces

Supporting SA workplaces to thrive

healthyworkplaces.sa.gov.au



HEALTH EVENTS CALENDAR 2021

Organising a health-related event or campaign in your workplace is a great way to raise awareness and increase knowledge around healthy lifestyle behaviours. Here is a list of health events held throughout the year that workplaces may wish to promote.

Date	Event	Organisation	Website	Free Resources Available?
1-28 February 2021	Feb Fast (Reduce alcohol &/or sugar intake)	FebFast	www.febfast.org.au/about	Fundraising tips, posters, recipes, banners, social media tiles available to download. <i>*Cost for merchandise</i>
February 2021	Ovarian Cancer Awareness Month	Cancer Australia	www.canceraustralia.gov.au/healthy-living/campaigns-events	Cancer risk online assessment tools available via the website.
04 February 2021	World Cancer Day	Union for International Cancer Control	www.worldcancerday.org	Factsheets, guides, posters, infographics, logos, social media resources available to download from the website.
February 2021 (TBC)	Smart Eating Week	Dietitians Association of Australia	https://dietitiansaustralia.org.au/	Nutrition information, fact sheets, tips, recipes available to download. <i>*Cost for publications</i>
February 2021	RedFeb	Heart Research Australia	https://www.heartresearch.com.au/event/redfeb/	Go to website to access application forms, resources as well as additional information about heart disease.
March 2021	The March Charge	Cancer Council	www.themarchcharge.com.au	Month long personal fitness challenge– visit website for more information.
08-14 March 2021	World Salt Awareness Week	World Action on Salt and Health	www.worldactiononsalt.com/awarenessweek	Factsheets, posters and campaign images available to download online.
08 March 2021	International Women's Day	Theme: #ChooseToChallenge	www.internationalwomensday.com	Event Packs and further information available via the website.
11 March 2021	World Kidney Day	Kidney Health Australia	www.worldkidneyday.org	Toolkits, banners, infographics, posters, logos, T-shirt design, etc. available to download from website.
10-14 March 2021	World's Greatest Shave	Leukaemia Foundation	www.worldsgreatestshave.com	Fundraising and media resources, posters, phone app available to download

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18 March 2021	National Close the Gap Day	ANTaR	https://antar.org.au/campaigns/national-close-gap-day	Publications available to download.
19 March 2021	National Ride2School Day	Bicycle Network	www.bicyclenetwork.com.au/rides-and-events/ride2school/	Day pack, posters, tips, information sheets, product reviews, road rules, books, maps available to download from website.
20 March 2021	International Day of Happiness	United Nations	www.dayofhappiness.net	Guide book, social media resources available to download from website.
March 2021	Melanoma March	Melanoma Institute	https://adelaide.melanomamarch.org.au/	Visit the website for more information. Registration fees apply.
26 March 2021	Purple Day for Epilepsy	Epilepsy Foundation	www.purpleday.com.au	Get involved and go purple! Merchandise available to purchase online. Register to host a Purple Day event.
TBC	Bocce in the Square	Life Be In It	www.lifebeinitsa.org	Details re dates/locations available on the website. *Registration fees
02 April 2021	World Autism Awareness Day	Autism SA	www.autismsa.org.au	Information and resources available via the website.
07 April 2021	World Health Day	World Health Organization	www.who.int/campaigns	Information available via the website.
TBC	Public Health Week	SA Health	www.sahealth.sa.gov.au	Resources available via the website.
11 April 2021	World Parkinson's Day	Shake it up	www.shakeitup.org.au/pause4parkinsons	2021 theme is Pause4 Parkinson's. Fundraising tips, posters, buntings, labels, social media resources available to download.
24-30 April 2021	World Immunization Week	World Health Organization	www.who.int/campaigns	Campaign information and downloadable resources available from the website.
28 April 2021	International Guide Dogs Day	Guide Dogs SA/NT	www.guidedogs.org.au	Check when the annual Guide Dogs SA/NT Paws Parade celebrating International Guide Dog Day will commence.
28 April 2021	World Day for Safety and Health at Work	Safe Work Australia	www.safeworkaustralia.gov.au	Information and resources available via the website.
1 st week May 2021 (TBC)	Heart Week	Heart Foundation	www.heartfoundation.org.au	Check website for updates on the latest programs and initiatives available.

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05 May 2021	World Asthma Day	Asthma Australia	www.asthmafoundation.org.au	Fact sheets, flyers, brochures, posters, phone apps, video available to download.
17-23 May 2021	National Volunteer Week	Volunteering Australia	www.volunteeringaustralia.org/get-involved/nvw/	2021 theme is: <i>Recognise. Reconnect. Reimagine.</i> Check the website for up to date resources.
May 2021 (TBC)	Australia's Biggest Morning Tea	Cancer Council	www.biggestmorningtea.com.au	Host Guide, invitations, posters, bunting, labels, games, raffles, decorations, recipes, video etc. available to download. <i>*Cost for merchandise</i>
31 May 2021	World No Tobacco Day	World Health Organization	www.who.int/tobacco/wntd/en	Check the website for the theme in 2021, campaign information and resources.
June 2021	Bowel Cancer Awareness Month	Bowel Cancer Australia	www.bowelcanceraustralia.org/bowel-cancer-awareness-month	Awareness resources and information available to order and download on the website. <i>*Cost for merchandise</i>
05 June 2021	World Environment Day	UN	www.worldenvironmentday.global	Information and resources available on the website.
2 nd week June 2021 (TBC)	National Blood Donor Week	Australian Red Cross	www.donateblood.com.au/celebrating-bloody-legends	Website will be updated with details for the 2021 campaign closer to the event.
14-20 June 2021	Men's Health Week	Men's Health Week	www.menshealthweek.org.au/about/about-the-week	2021 Theme: Men and Families – Working Together for Men's Health. Check the website for more information.
21 June 2021	Motor Neurone Disease Global Day	Motor Neurone Disease Australia	www.mndaust.asn.au	Information and resources available on the website.
July 2021	Dry July	Dry July Foundation	www.dryjuly.com	Visit the website to access the following: <ul style="list-style-type: none"> • Social media images • Posters • Pre-written emails • Offline donation form • Merchandise available to purchase
July 2021 (TBC)	NAIDOC week	NAIDOC	www.naidoc.org.au/about/naidoc-week	Check the website closer to the event for updates on the theme. Logos, posters, teacher resources available to download from the website.
2 nd week July 2021 (TBC)	National Diabetes Week	Diabetes SA	www.diabetessa.com.au/Web/Awareness/Awareness.aspx	Information and resources available on the website. Check closer to the date for updated information on the 2021 campaign.

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24 July 2021	Stress Down Day	Lifeline Australia	www.lifeline.org.au/support-lifeline/lifeline-campaigns/campaigns	Additional details re this annual fundraising campaign are available on the website.
28 July 2021	World Hepatitis Day	Hepatitis Australia	www.worldhepatitisday.org.au	Information, posters, social media images available for download on the website.
August 2021	Tradies National Health Month	Australian Physiotherapy Association	https://australian.physio/campaigns/tradies-national-health-month	Posters, banner, toolkit, social media resources available to download
1 st week August 2021	Dental Health Week	Australian Dental Association	www.ada.org.au/Dental-Health-Week/About	Posters, fact sheets, and a resource kit will be available to download from the website.
TBC	Corporate Cup	Life Be In It	http://thecorporatecup.com.au	Runs fortnightly for 16 weeks. Website will be updated with details for the 2021 Campaign closer to the event.
27 August 2021	Daffodil Day	Cancer Council Australia	www.daffodilday.com.au	Details about Daffodil Day and how to get involved available from the website.
September 2021	Prostate Cancer Awareness Month	Prostate Cancer Foundation of Australia	www.prostate.org.au	Website contains details of various events throughout the month of September, and fundraising resources.
1-30 September 2021	Gynaecological Cancer Awareness Month	Australia New Zealand Gynaecological Oncology Group (ANZGOG WomenCan)	www.savethebox.org.au	'Save the Box' campaign information, fundraising resources and ways to get involved are available from the website.
09 September 2021	R U Ok? Day	R U Ok?	www.ruok.org.au/join-r-u-ok-day	Guides, videos, presentation packs, posters, postcards, social media resources. *Small charge for merchandise.
1 st week September 2021 (TBC)	National Stroke Week	Stroke Foundation	www.strokefoundation.org.au/How-you-can-help/Stroke-week	Check the website for updated details on the 2021 campaign closer to the event.
03 September 2021	Walk to Work Day	Diabetes Australia	www.walk.com.au/wtw	Details available online re how to become involved in this annual event.
06 - 10 September 2021	Women's Health Week	Jean Hailes for Women's Health	www.womenshealthweek.com.au/	Website will be updated with details for the 2021 Campaign closer to the event.
TBC	City to Bay Fun Run	SA Fun Runs Inc	www.city-bay.org.au	Details online re event race options, training workshops, course details and competitions. Registration fees apply
29 September 2021	World Heart Day	World Heart Federation	www.world-heart-federation.org/world-heart-day	Resources, fact sheets, toolkits, posters and logos all available to download off the website.
October 2021	Walktober	Walking SA	www.walkingsa.org.au/walktober	Events details and resources available online

Date	Event	Organisation	Website	Free Resources Available?
October 2021	National Safe Work month	SafeWork SA	www.safework.sa.gov.au/resources/national-safe-work-month	Events details and resources available online
October 2021 (TBC)	Mental Health Week	Mental Health Coalition of SA	www.mhcsa.org.au/mentalhealthweek	Event details for 2021 will be published online closer to the dates. Sane: Toolkits, factsheets, guides and online forums. Fee for publications
10 October 2021	World Mental Health Day	Mental Health Australia	www.mhaustralia.org/our-work/world-mental-health-day-oct-10	Website will be updated for the 2021 Campaign closer to the event.
10 October 2021	National Hat Day	Australian Rotary Health	https://hatday.com.au/	Event kit available online and merchandise available to purchase
October 2021	Breast Cancer Awareness Month	Cancer Australia	www.canceraustralia.gov.au/about-us/campaigns-events/breast-cancer-awareness-month	Information, event details and videos available on the website.
October 2021 (TBC)	Pink Ribbon Day	Cancer Council	www.cancercouncilfundraising.com.au/pink-ribbon	Host kits and resources on women's cancer are available on the website.
16 October 2021	World Food Day	Food and Agriculture Organization of the United Nations	www.fao.org/world-food-day	Posters, videos, brochures, guidelines, available to download.
20 October 2021	National Ride 2 Work Day	Bicycle Network	www.bicyclenetwork.com.au/rides-and-events/ride2work	Rides, events, programs and resources all available to download from the website.
October 2021 (TBC)	National Nutrition Week	Nutrition Australia	www.nutritionaustralia.org	Website will be updated for the 2021 campaign closer to the event.
November 2021	November	Movember Foundation	www.movember.com	Information on men's health, events, stories and videos available on the website.
November 2021	Lung Cancer Awareness Month	Cancer Australia	www.canceraustralia.gov.au/healthy-living/campaigns-events/lung-cancer-awareness-month	Website will be updated for the 2021 campaign closer to November.
November 2021 (TBC)	National Cervical Cancer Awareness Week	Australian Cervical Cancer Foundation	https://accf.org.au/	Visit the website closer to the date for more information.
14 November 2021	World Diabetes Day	Diabetes Australia	www.diabetesaustralia.com.au https://worlddiabetesday.org	Website will be updated for the 2021 campaign closer to November.
21-27 November 2021	National Skin Cancer Action Week	Cancer Council	www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events/national-skin-cancer-action-week.html	Publications, factsheets, posters, videos, social media resources available to download.

Please note this is not an exhaustive list and these events are not necessarily endorsed by Wellbeing SA.

Campaigns running year round:

Skin cancer and sun protection awareness: www.cancer.org.au/preventing-cancer/sun-protection/campaigns-and-events

Get Healthy Phone Coaching Service: www.gethealthy.sa.gov.au

Healthy Living Tips: www.sahealth.sa.gov.au/healthyliving

Free workplace resources offered year round: [Healthy living resources :: SA Health](#)