

# Healthy Workplaces

## Health and wellbeing calendar 2026



Supporting existing campaigns in your workplace is a great way to raise awareness and knowledge and create positive team culture. While the list of dates is not exhaustive, it can help you to plan initiatives in your workplace.

This list contains health and wellbeing awareness dates, diversity and inclusion days of celebration, and safety events held throughout the year. Please note that some campaign dates are subject to change throughout the year, we encourage you to regularly check their website for up-to-date information and resources.

### January

Date	Event	Organisation	Website	Types of resources available
All January	New year resolutions: <ul style="list-style-type: none"> <li>• quit smoking</li> <li>• healthy eating</li> <li>• physical activity</li> </ul>	Preventive Health SA	<a href="https://preventivehealth.sa.gov.au/healthy-living">preventivehealth.sa.gov.au/healthy-living</a>	General information to use to help encourage workers to achieve new year resolutions

### February

Date	Event	Organisation	Website	Types of resources available
All February	Febfast (reduce alcohol)	Lifeline	<a href="https://febfast.org.au/home">febfast.org.au/home</a>	Banners and social media tiles available to download
All February	REDFEB	Heart Research Australia	<a href="https://redfeb.heartrresearch.com.au">redfeb.heartrresearch.com.au</a>	Heart Health Club with webinars, recipes, fact sheets and blogs
4 February	World Cancer Day	Union for International Cancer Control (UICC)	<a href="https://worldcancerday.org">worldcancerday.org</a>	Toolkits, posters, social media tiles and reports
9 - 15 February	National Lunchbox Week	Nutrition Australia	<a href="https://lunchboxweek.org">lunchboxweek.org</a>	Targeted at schools and early years, however great resources to encourage healthy lunch options for the workplace

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## February (cont.)

Date	Event	Organisation	Website	Types of resources available
10 February	Safer Internet Day	eSafety Commissioner, Australian Government	<a href="https://esafety.gov.au/newsroom/whats-on/sid/workplaces">esafety.gov.au/newsroom/whats-on/sid/workplaces</a>	Posters, conversation starters, presentation, quiz and a workplace employer checklist
13 February	National Apology Anniversary	Healing Foundation	<a href="https://healingfoundation.org.au/resources">healingfoundation.org.au/resources</a>	Factsheets, resources and videos

## March

Date	Event	Organisation	Website	Types of resources available
All March	World's Greatest Shave	Leukaemia Foundation	<a href="https://worldsgreatestshave.com">worldsgreatestshave.com</a>	Toolkit with activities, checklist and graphics templates
1 March	Clean Up Australia Day	Clean Up	<a href="https://cleanup.org.au/business">cleanup.org.au/business</a>	How-to videos and FAQs, safety requirements, promotional materials
4 March	World Obesity Day	World Obesity Federation	<a href="https://worldobesityday.org">worldobesityday.org</a>	One pager with key messages, social and image assets, factsheets and data report and calls to action
8 March (many events on 4 March)	International Women's Day	UN Women Australia	<a href="https://iwd.net.au">iwd.net.au</a>	The 2026 theme is Balance the Scales. Key messages resource kits, social tiles and banners available

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## March (cont.)

Date	Event	Organisation	Website	Types of resources available
12 March	World Kidney Day	Kidney Health Australia	<a href="http://worldkidneyday.org">worldkidneyday.org</a>	Toolkits, banners, infographics, posters, logos, T-shirt designs available to download via the website
13 March	World Sleep Day	World Sleep Society	<a href="http://worldsleepday.org">worldsleepday.org</a>	Visit the website for more information
16–20 March	Neurodiversity Celebration Week	NCW	<a href="http://neurodiversityweek.com/get-involved-workplace">neurodiversityweek.com/get-involved-workplace</a>	Download an organisation pack
19 March	National Close the Gap Day	ANTAR	<a href="http://closethegap.org.au">closethegap.org.au</a>	The people's movement for Aboriginal and Torres Strait Islander health equality. Information, publications and 2026 theme available closer to the date
20 March	International Day of Happiness	United Nations	<a href="http://dayofhappiness.net">dayofhappiness.net</a>	Access website for a range of free resources
20 March	National Ride2School Day	Bicycle Network	<a href="http://bicyclenetwork.com.au/rides-and-events">bicyclenetwork.com.au/rides-and-events</a>	Posters, tips, information sheets, product reviews, road rules, books, and maps are available to download
22 March	Melanoma March	Melanoma Institute	<a href="http://melanomamar.ch.org.au">melanomamar.ch.org.au</a>	Social and email tiles / banners available

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## March (cont.)

Date	Event	Organisation	Website	Types of resources available
27 March	Walk to Work Day	Pedestrian Council of Australia	<a href="http://walk.com.au/wtw">walk.com.au/wtw</a>	Media release with key messages and stats, plus posters available to download

## April

Date	Event	Organisation	Website	Types of resources available
02 April	World Autism Awareness Day	Autism SA	<a href="http://autismsa.org.au/autism-month">autismsa.org.au/autism-month</a>	Information, activities and resources available from the website
07 April	World Health Day	World Health Organization	<a href="http://who.int/campaigns/world-health-day">who.int/campaigns/world-health-day</a>	Key messages, campaign assets and a communications toolkit will be available
11 April	World Parkinson's Day	Parkinson's Australia	<a href="http://parkinsons.org.au/spark-the-night-world-parkinsons-day/">parkinsons.org.au/spark-the-night-world-parkinsons-day/</a>	Video and email template
24-30 April	World Immunisation Week	World Health Organisation	<a href="http://who.int/campaigns/world-immunization-week">who.int/campaigns/world-immunization-week</a>	Factsheets, campaign assets and information
28 April	World Day for Safety and Health at Work	Safe Work Australia	<a href="http://safeworkaustralia.gov.au">safeworkaustralia.gov.au</a>	Downloadable assets including posters, social media resources and more

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## April (cont.)

Date	Event	Organisation	Website	Types of resources available
29 April	International Guide Dogs Day	Guide Dogs SA/NT	<a href="http://sant.guidedogs.com.au">sant.guidedogs.com.au</a>	Check when the annual Guide Dogs SA/NT Paws Parade celebrating International Guide Dog Day will commence

## May

Date	Event	Organisation	Website	Types of resources available
All May	Australia's Biggest Morning Tea	Cancer Council	<a href="http://biggestmorningtea.com.au">biggestmorningtea.com.au</a>	Host guide, invitations, posters, buntings, labels, games, raffles, decorations, recipes, videos available
4-10 May	Heart Week	Heart Foundation	<a href="http://heartfoundation.org.au/about-us/heart-week">heartfoundation.org.au/about-us/heart-week</a>	Check the website for the latest programs and initiatives available
5 May	World Asthma Day	Asthma Australia	<a href="http://asthma.org.au">asthma.org.au</a>	Fact sheets, flyers, brochures, posters, phone apps, and videos are available to download
17 May	International Day Against LGBTQIA+ Discrimination	Minus18	<a href="http://idahobit.org.au/about-may-17">idahobit.org.au/about-may-17</a>	Speech template, logos, posters, digital images and more
18-24 May	National Volunteer Week	Volunteering Australia	<a href="http://volunteeringaustralia.org">volunteeringaustralia.org</a>	Supporter toolkit, digital assets, and editable templates

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## May (cont.)

Date	Event	Organisation	Website	Types of resources available
26 May, 27 May-3 June	National Sorry Day, National Reconciliation Week	Reconciliation Australia	<a href="https://reconciliation.org.au/our-work/">reconciliation.org.au/our-work/</a>	Poster, social media tiles, information about reconciliation action plans, reports
31 May	World No Tobacco Day	World Health Organization	<a href="https://who.int/campaigns/world-no-tobacco-day">who.int/campaigns/world-no-tobacco-day</a>	See website for available resources

## June

Date	Event	Organisation	Website	Types of resources available
All June	Bowel Cancer Awareness Month	Bowel Cancer Australia	<a href="https://bowelcanceraustralia.org">bowelcanceraustralia.org</a>	Awareness posters, brochures and flyers as well as social media tiles. Merchandise also available for purchase
All June	Go Pink	National Breast Cancer Foundation	<a href="https://fundraise.nbcf.org.au">fundraise.nbcf.org.au</a>	Refer to website
5 June	World Environment Day	United Nations	<a href="https://worldenvironmentday.global">worldenvironmentday.global</a>	Information and resources available via the website
8-14 June	National Blood Donor Week	Australian Red Cross Lifeblood	<a href="https://lifeblood.com.au">lifeblood.com.au</a>	Check back closer to the date for resources

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## June (cont.)

Date	Event	Organisation	Website	Types of resources available
9-15 June	Walk for him	Prostate Cancer Foundation Australia	<a href="http://walkforhim.org.au">walkforhim.org.au</a>	Flyers, posters, social media tiles, banners, email signatures, fact sheets, screens and more
14-20 June	Refugee Week	Refugee Council of Australia	<a href="http://refugeeweek.org.au">refugeeweek.org.au</a>	Factsheets, recommendations for books, films and other resources, digital assets
15-21 June	Men's Health Week	Men's Health Week	<a href="http://menshealthweekevents.com">menshealthweekevents.com</a>	Slides, speaker notes, social media tiles, factsheets and posters
21 June	Motor Neurone Disease Global Awareness Day	Motor Neurone Disease Australia	<a href="http://mndaustralia.org.au">mndaustralia.org.au</a>	Videos, factsheets, decision-making tools, guides and booklets and more

## July

Date	Event	Organisation	Website	Types of resources available
All July	Dry July (reduce alcohol)	Dry July Foundation	<a href="http://dryjuly.com">dryjuly.com</a>	Fundraiser toolkit, social media images, posters, pre-written emails and other resources
All July	Tradies National Health Month	Australian Physiotherapy Association	<a href="http://australianphysio/campaigns">australianphysio/campaigns</a>	Various posters, guides, videos and digital assets
1-7 July	Kidney Action Week	Kidney Health Australia	<a href="http://kidney.org.au">kidney.org.au</a>	Information sheets, online risk assessment, referral letters

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## July (cont.)

Date	Event	Organisation	Website	Types of resources available
5-12 July	NAIDOC Week	NAIDOC	<a href="http://naidoc.org.au">naidoc.org.au</a>	Toolkit and resources available from May-June 2026
12-19 July	National Diabetes Week	Diabetes Australia	<a href="http://diabetesaustralia.com.au">diabetesaustralia.com.au</a>	Communications toolkit, social media tiles and posters available closer to the date
28 July	World Hepatitis Day	Hepatitis Australia	<a href="http://worldhepatitisday.org.au">worldhepatitisday.org.au</a>	Factsheet, video, event listings and more

## August

Date	Event	Organisation	Website	Types of resources available
All August	Step Up to Breast Cancer	National Breast Cancer Foundation	<a href="http://fundraise.nbcf.org.au">fundraise.nbcf.org.au</a>	Get active to fundraise for breast cancer. Resources coming closer to the date
All August (until November)	Corporate Cup	Corporate Cup	<a href="http://thecorporatecup.com.au">thecorporatecup.com.au</a>	A program to encourage workday activity. KM tracker, digital assets and more available closer to the date
3-9 August	National Stroke Week	Stroke Foundation	<a href="http://strokefoundation.org.au">strokefoundation.org.au</a>	List of speakers to engage, images for digital use, educational resources
Third week of August	Bullying No Way Week	Australian Education Authorities	<a href="https://www.bullyingnoway.gov.au/bullying-no-way-week/">https://www.bullyingnoway.gov.au/bullying-no-way-week/</a>	Shareable articles, videos, posters and digital assets

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## August (cont.)

Date	Event	Organisation	Website	Types of resources available
20 August	Daffodil Day	Cancer Council Australia	<a href="http://daffodilday.com.au">daffodilday.com.au</a>	Posters, social media tiles, donation box, games, bunting
28 August	Wear it Purple Day	Wear it Purple	<a href="http://wearitpurple.org">wearitpurple.org</a>	Wear It Purple strives to foster supportive, safe, empowering and inclusive environments for rainbow young people. Videos, colouring pages, social resources, inclusivity guides and more

## September

Date	Event	Organisation	Website	Types of resources available
All September	Prostate Cancer Awareness Month	Prostate Cancer Foundation of Australia	<a href="http://pcf.org.au/get-involved/">pcf.org.au/get-involved/</a>	Social media tiles and posters with more resources coming closer to the date
All September	Gynaecological Cancer Awareness Month	Australia New Zealand Gynaecological Oncology Group	<a href="http://womenscancer.org.au">womenscancer.org.au</a>	Ideas and resources to help fundraise
All September	STEPtember	Cerebral Palsy Alliance	<a href="http://stepember.org.au">stepember.org.au</a>	Posters, tips, certificates, digital assets and fundraising ideas

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## September (cont.)

Date	Event	Organisation	Website	Types of resources available
07 September	World Menopause and Work Day	European menopause society	<a href="https://emas-online.org/menopause-in-the-workplace/september-7-is-world-menopause-work-day/">https://emas-online.org/menopause-in-the-workplace/september-7-is-world-menopause-work-day/</a>	Changing workplace environments to be more menopause supportive
10 September	World Suicide Prevention Day	Lifeline / Beyond Blue	<a href="https://www.suicidepreventionaust.org/world-suicide-prevention-day">https://www.suicidepreventionaust.org/world-suicide-prevention-day</a>	Additional details and resources about this annual campaign are available via the website.
10 September	R U Ok? Day	R U Ok? Day	<a href="https://www.ruok.org.au/r-u-ok-day">https://www.ruok.org.au/r-u-ok-day</a>	Guides, videos, presentation packs, posters, postcards, social media resources available via the website.
20 September	City to Bay Fun Run	SA Fun Runs Inc	<a href="https://city-bay.org.au/">https://city-bay.org.au/</a>	Details online for event race options, training workshops, course details and competitions.
21 September	World Alzheimer's Day	Dementia Australia	<a href="http://www.dementia.org.au/">www.dementia.org.au/</a>	Corporate partnerships, education session and events
29 September	World Heart Day	World Heart Federation	<a href="https://world-heart-federation.org/world-heart-day/">https://world-heart-federation.org/world-heart-day/</a>	Resources, fact sheets, toolkits, posters, and logos all available to download via website

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## October

Date	Event	Organisation	Website	Types of resources available
All October	National Safe Work Month	Mental Health Month	<a href="https://www.safework.sa.gov.au/resources/national-safework-month">https://www.safework.sa.gov.au/resources/national-safework-month</a>	Events details and resources available via the website
All October	Breast Cancer Awareness Month	Cancer Australia	<a href="https://nbcf.org.au/fundraise/breast-cancer-awareness-month/">https://nbcf.org.au/fundraise/breast-cancer-awareness-month/</a>	Information, event details and videos available via the website
All October (or 30 October)	Pink Ribbon Breakfast	National Breast Cancer Foundation	<a href="https://fundraise.nbcf.org.au/event/pink-ribbon-breakfast/home">https://fundraise.nbcf.org.au/event/pink-ribbon-breakfast/home</a>	Host kits and resources on women's cancer are available via the website
All October	Walktober	Walking SA	<a href="https://www.walking.sa.org.au/walk/best-walks-shortlist/">https://www.walking.sa.org.au/walk/best-walks-shortlist/</a>	Events details and resources available via the website
All October	Mental Health Month	Mental Health & Coalition of South Australia	<a href="https://mhcsa.org.au/mental-health-month/">https://mhcsa.org.au/mental-health-month/</a>	View website for details on the 2026 campaign, events and resources
10 October	World Mental Health Day	Mental Health Australia	<a href="https://www.mentalhealthaustralia.org.au/get-involved/2025-world-mental-health-day/">https://www.mentalhealthaustralia.org.au/get-involved/2025-world-mental-health-day/</a>	Information and resources available via the website.
12 – 18 October	Carers Week	Carers Australia	<a href="http://www.carersweek.com.au/">http://www.carersweek.com.au/</a>	Information, event details and resources available on website

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## October (cont.)

Date	Event	Organisation	Website	Types of resources available
14 – 20 October	National Nutrition Week	Nutrition Australia	<a href="https://nutritionaustralia.org/">https://nutritionaustralia.org/</a>	Information, resources and activities available via the website.
14 October	National Ride 2 Work Day	Bicycle Network	<a href="https://bicyclenetw.ork.com.au/rides-and-events/ride2work/">https://bicyclenetw.ork.com.au/rides-and-events/ride2work/</a>	Rides, events, programs, and resources all available to download via the website

## November

Date	Event	Organisation	Website	Types of resources available
14 – 20 October	National Nutrition Week	Nutrition Australia	<a href="https://nutritionaustralia.org/">https://nutritionaustralia.org/</a>	Information, resources and activities available via the website.
14 October	National Ride 2 Work Day	Bicycle Network	<a href="https://bicyclenetw.ork.com.au/rides-and-events/ride2work/">https://bicyclenetw.ork.com.au/rides-and-events/ride2work/</a>	Rides, events, programs, and resources all available to download via the website
All November	Billion Steps Challenge	Preventive Health SA	<a href="https://www.10000steps.org.au/sa-billion-steps-2024/">https://www.10000steps.org.au/sa-billion-steps-2024/</a>	Campaign details and resources available via the website
All November	Movember	Movember Foundation	<a href="http://www.movember.com">www.movember.com</a>	Information on men's health, events, stories, and videos available on the website

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Date	Event	Organisation	Website	Types of resources available
All November	Lung Cancer Awareness Month / Shine a Light on lung cancer	Lung Foundation Australia	<a href="https://lungfoundation.com.au/events/">https://lungfoundation.com.au/events/</a>	Information and resources available on website
All November	White Ribbon Month; 25 Nov White Ribbon Day	White Ribbon Australia	<a href="https://events.whiteribbon.org.au/create-my-own-event">https://events.whiteribbon.org.au/create-my-own-event</a>	Workplace accreditation, host and resources to event
10 – 16 November	National Cervical Cancer Week	Australian Cervical Cancer Foundation	<a href="https://accf.org.au/">https://accf.org.au/</a>	Information and resources available on website.
14 November	World Diabetes Day	Diabetes Australia	<a href="https://www.diabetesaustralia.com.au/world-diabetes-day/">https://www.diabetesaustralia.com.au/world-diabetes-day/</a> <a href="https://worlddiabetesday.org/">https://worlddiabetesday.org/</a>	Information and resources available on website.
16-22 November	National Skin Cancer Action Week	Cancer Council	<a href="https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/campaigns-and-events/national-skin-cancer-action-week">https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/campaigns-and-events/national-skin-cancer-action-week</a>	Publications, factsheets, posters, videos, social media resources available to download on website.
19 November	International Men's Day	Australian Men's Health Forum	<a href="https://www.internationalmensday.info/">https://www.internationalmensday.info/</a>	Information on men's health, events, stories available on the website

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Date	Event	Organisation	Website	Types of resources available
23-29 November	Perinatal Mental Health Week	Perinatal Mental Health Week	<a href="https://www.pmhweek.org.au/">https://www.pmhweek.org.au/</a>	Check the website for updated details on the 2026 campaign closer to the event.

## December

Date	Event	Organisation	Website	Types of resources available
3 December	International Day of Persons with Disabilities	United Nations	<a href="https://www.un.org/en/observances/day-of-persons-with-disabilities">https://www.un.org/en/observances/day-of-persons-with-disabilities</a>	Check website for updated details on the 2026 campaign closer to the event.
5 December	International Volunteer Day	Volunteering Australia	<a href="https://www.volunteeringvictoria.org.au/events/international-volunteer-day/">https://www.volunteeringvictoria.org.au/events/international-volunteer-day/</a>	Check website for updated details on the 2026 campaign closer to the event.
10 December	Human Rights Day	United Nations	<a href="https://www.un.org/en/observances/human-rights-day">https://www.un.org/en/observances/human-rights-day</a>	Check website for updated details on the 2026 campaign closer to the event.

Campaigns running year-round:

- Skin cancer and sun protection awareness: <https://www.cancer.org.au/get-involved/fundraising-and-events>
- Try for 5, Nutrition Australia – recipes, events, and online programs: <https://tryfor5.org.au/understanding-try-for-5/>
- Better Health Co. – free telephone-based personal health coaching program: <https://betterhealth.sa.gov.au/>
- General Health and Wellbeing Tips: <https://www.preventivehealth.sa.gov.au/healthy-living>

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