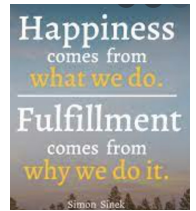


2022 Health & Wellness Observance Calendar

JANUARY 2022

New Year New Beginnings - What's Your WHY? Set your sites on what you truly desire and then set S.M.A.R.T. goals to help navigate getting there. Ask for support from friends/family to help you be accountable to yourself. Believe you can and you're half way there!

Refresh Your Well-being—Make yourself a priority this year. In order to fulfill your responsibilities at work or home, taking care of yourself FIRST will allow you to do just that...and with more energy and happiness!



FEBRUARY 2022

American Heart Month

Plan educational speakers on preventing heart disease. Offer after work exercise classes, nutritional tips, or try a heart healthy challenge. Host a Healthy Heart workshop or BP screening. Change one thing that will improve your health right now!



February 4—National Wear Red Day campaign for women about heart disease

February 14-20—Random Acts of Kindness Week

Doing something nice for someone else will make you feel good too! Be the one to start "paying it forward".



MARCH 2022

National Nutrition Month

Speaker on (plant-based) Nutrition, bring in fresh fruit/nuts, share healthy recipes, have a healthy Potluck Lunch, brown bag your lunch.



National Colorectal Awareness Month

Make your appointment if due. Support someone else by taking them to the doctors.



Promote Movement in March with a focus on incorporating more movement in your work day. Host a challenge to increase physical activity while eating a healthy nutritious diet along with quality sleep. Spring begins March 20th.



APRIL 2022

Stress Awareness Month

Offer a workshop on how to build mental fitness through practicing simple tools that help manage stress and quiet sabotaging thoughts. Offer a yoga or guided meditation class; Offer Chair Massages or Reflexology. Explore the benefits of acupuncture therapy. Host a presentation on the importance of sleep or dealing with conflicts.



April 1—Walk to Work Day (Now I know this isn't feasible for most employees but it might be good time to kick off your walking challenge) **Step into Spring or Spring into Step**

April 22—Earth Day host an event outside. Connect with nature today!

April 28—World Day for Safety & Health at Work protecting the safety, health and welfare of all employees. Co-morbidities have an enormous impact on the severity of any workplace injury. Managing stress, exercising, sleep, eating healthy are essential. Co-morbidities are preventable...it takes awareness then a commitment to yourself! Remember your "why" from January?



MAY 2022

Global Employee Health & Fitness Month

Healthy employees are happier, get less injuries, invoke better morale among peers and are more resilient. Think fun!

Osteoporosis Awareness and Prevention Month and National Blood Pressure Education Month

Offer free Blood Pressure screenings and education on what their numbers mean. Share low sodium recipes. Offer a speaker on the signs and prevention of Osteoporosis.



Mental Health Awareness Month

Put an end to the stigma. Even though it's getting better, many still hesitate to seek help or even talk about it. Promote your EAP program.

May 8-15 Women's Health Week

Encouraging women to consider the factors that influence their mental well-being such as managing the inner critic and setting boundaries to ward off anxiety and overwhelm.

Arthritis Awareness Month—1 in 4 people suffer from arthritis. What is it and why do we get it. Do your employees suffer from joint pain? What encouragement and support can be provided to help employees manage theirs naturally.