



Wellbeing Calendar 2019



January				
Jan 1-5	Jan 6-12	Jan 13-19	Jan 20-26	Jan 27-31
Key Dates	New Year, New You Set your health goals for 2019!		National Walk Your Dog Month Get outside and enjoy some fresh air and exercise with your pup(s)!	Martin Luther King Jr. Day (1/21)
				Fun at Work Day (1/28) Do something fun with your team today! A walking meeting? Healthy lunch? Options are endless!

Themes & Tips **Start the year off right** by increasing employee engagement. Check out our quick read to learn five key strategies to boost engagement within your organization: <http://bit.ly/2F5ZrSn>

February				
Feb 1-3	Feb 4-10	Feb 11-17	Feb 18-24	Feb 25-28
		Valentine's Day (2/14) Promote the importance of activity for heart health.	President's Day (2/18)	Pistachio Day (2/26) Pistachios are a nutrient-dense and heart-healthy food. Snack smarter by munching on some of these!

Is coconut oil really a magical ingredient? What's the difference between "natural" and "organic"? How do growth hormones affect food? Dr. Katz answers all of your nutrition questions in this webinar replay: <http://bit.ly/2LNba8W>

March				
Mar 1-2	Mar 3-9	Mar 10-16	Mar 17-23	Mar 24-31
Employee Appreciation Day (3/1) Thank employees for all their hard work throughout the year.	Sleep Awareness Week (3/3-3/9) Send out a tipsheet on how to get a good night's rest.		World Happiness Day (3/20) Reflect on what makes you happiest and try to incorporate more of it into this year.	

March is National Sleep Awareness Month. Promote the importance of sleep on mood, concentration, and productivity. Download this infographic to learn why sleep loss is bad for business: <http://bit.ly/2sasGLm>

April				
Apr 1-6	Apr 7-13	Apr 14-20	Apr 21-27	Apr 28-30
Key Dates	World Health Day (4/7) Encourage employees to do something good for their health.		Earth Day (4/22) Incorporate plants into your workspace to increase attentiveness and lower blood pressure.	Mindfulness Seminar Live in the moment and hold a meditation / mindfulness practice to help employees combat stress at work.

Themes & Tips **April is National Stress Awareness Month.** Incorporate mindfulness, deep breathing exercises, and focus on positivity to lower stress levels at work. Download this paper to learn how to best manage stress in your organization: <http://bit.ly/2LQv9Ds>

May				
May 1-4	May 5-11	May 12-18	May 19-25	May 26-31
Occupational Health and Safety Week (5/5-5/11) Maintain a healthy workforce by preventing injuries on the job.		Practice Mindful Leadership Join Joe Burton, CEO of Whil, in this webinar replay to learn how to power down, up, and forward: http://bit.ly/2s9bC8A		Memorial Day (5/27) No Tobacco Day (5/31) Refrain from tobacco consumption in order to increase lung health

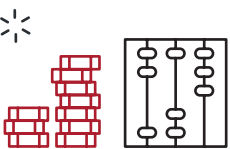
May is National Mental Health Month. Focus on healthy aspects of your daily life to promote mental wellbeing.

June				
Jun 1	Jun 2-8	Jun 9-15	Jun 16-22	Jun 23-30
	Global Wellness Day (6/8) Identify ways in which you can live a healthier life and create goals to help you get there.			World Productivity Day (6/20) Focus on the overall health and wellbeing of your organization for increased productivity levels.

June is Employee Wellbeing Month. Check out our site here to learn how organizations can create healthier, happier, and more engaged and productive workforces: <http://bit.ly/2s7GKF9>

July				
Jul 1-6	Jul 7-13	Jul 14-20	Jul 21-27	Jul 28-31
Key Dates	Independence Day (7/4)	Physical Activity: The Wonder Drug Physical activity can help you live longer and ward off chronic diseases. Download our eBook to learn more: http://bit.ly/2LMVfr0		What's Cooking? Hold a cooking class or encourage staff to bring a healthy plate to share for a company potluck.

Themes & Tips **Have a healthy summer** by spending time with friends and family, staying busy enjoying the outdoors, and eating nutritious foods to help you maintain energy levels.

August				
Aug 1-3	Aug 4-10	Aug 11-17	Aug 18-24	Aug 25-31
		National Financial Awareness Day (8/14) Stressing about finances can impact other areas of life. Practice saving for unexpected expenses.		Healthy Employees = Safer Workplaces Understand the direct link between wellbeing and safety in this whitepaper: http://bit.ly/2FSVf44



Promote financial wellbeing in your organization and teach employees habits to help them save and better plan for their expenses.

September				
Sep 1-7	Sep 8-14	Sep 15-21	Sep 22-28	Sep 29-30
Labor Day (9/2)	Yoga Awareness Month Take a yoga class to help reduce stress, increase focus, and calm the mind.			Family Health and Fitness Day (9/28) Get active with your family! Enjoy a nice walk, a bike ride, or play a fun sport.

Exercise has a direct impact on health and longevity. Staying active also helps to increase brainpower. Learn creative ways to get moving this month by downloading this whitepaper: <http://bit.ly/2LNb01b>

October				
Oct 1-5	Oct 6-12	Oct 13-19	Oct 20-26	Oct 27-31
Key Dates	World Mental Health Day (10/10) Remove the stigma of mental health and encourage your employees to do something for their psychological wellbeing.	World Food Day (10/16) 		Halloween (10/31) Sometimes carrot sticks and fruit won't cut it as a treat for Halloween, so here's a list of the healthiest unhealthy candy: http://bit.ly/2LNEk7Q

Themes & Tips **Flu prevention:** prep for winter by scheduling employee flu shots, regularly wash your hands, and maintain your immune system by eating fruits and vegetables and aim for 7-9 hours of sleep per night.

November				
Nov 1-2	Nov 3-9	Nov 10-16	Nov 17-23	Nov 24-30
Stay Healthy Through the Holidays Encourage your employees to stay healthy by creating a fitness challenge, participating in yoga, and celebrating the season!		Veteran's Day (11/11)		Thanksgiving (11/28) 

The holiday season is upon us, but it can be easy to get bogged down by financial stress and lack of sleep. Support your employees' wellbeing with this toolkit that includes resources on practicing mindfulness and guides for stress-free meetings: <http://bit.ly/2F5VrQX>

December				
Dec 1-7	Dec 8-14	Dec 15-21	Dec 22-28	Dec 29-31
New Year's Resolutions Get a head start on committing to health and fitness goals before 2020 kicks off to help you stay focused on achieving them.	Happy Days! Keep your employees motivated during the holidays by keeping them happy. To do this, focus on relationships, recognize achievements, and work together as a team.		Christmas (12/25) 	

Help guide your employees towards better nutrition at work and beyond this season. Download our Holiday Nutrition Toolkit to gain access to great resources such as healthy food swaps, how to make new year's resolutions that stick, and healthy eating eBooks: <http://bit.ly/2F4ksNb>