



CECS Health & Wellbeing Calendar



Health is a holistic concept that includes physical, psychological, emotional, intellectual and social wellbeing. Everyone who works at the University has an important role to play. The University and College are committed to promoting better health for all. The College supports you and your team to leave work better than when you arrived.

The College encourages staff to attend the programs on offer to work towards achieving a healthier body and mind.

Month	Health Theme	Events & Activities
21 March	Harmony Day	Celebrate cultural diversity and promote inclusion at the College Harmony Day morning tea.
April	Vaccination Programs	The University provides free flu vaccination to academic and professional staff. Appointments are available from the ANU Health Service throughout the month of April.
May	Reconciliation Week	To facilitate unity and respect between Aboriginal and Torres Strait Islanders and non-Indigenous Australians during Reconciliation Week, Indigenous Cultural Awareness training will be provided for academic and professional staff towards the end of the month.
June	Women's Health	Aspen Corporate Health will be providing free health assessments to female staff of the College for Women's Health Month.
July	Healthy eating	Learn more about healthy eating during July, with information sheets being distributed to all College staff.
August	Massage Month	The College will be providing free seated massages for staff. This includes two therapists for two days in August.
September	Men's Health	Aspen Corporate Health will be providing free health assessments to male staff of the College for Men's Health Month.
8-14 October	Mental Health Week	Various activities will be held across the University to celebrate Mental Health Week, to raise community awareness and understanding of mental illness, reduce the stigma and discrimination associated with people living with mental illness, and promote positive mental health and wellbeing.
October	Safe Work Week	The College will be running seminars on Work Health and Safety emphasising on risk management and risk assessments during National Safe Work Month.
25 November	White Ribbon Day	The University will be hosting a seminar with a guest speaker for White Ribbon Day. White Ribbon Day is about primary prevention - stopping violence before it occurs, by challenging the deeply ingrained attitudes, social norms and power inequalities that give rise to men's violence against women and gender inequality.
3 December	International Day of Persons with a Disability	The United Nations International Day of Persons with Disabilities is celebrated annually on 3 December around the world. The University will be holding a Disability Expo.