

Health and Wellbeing Calendar 2024

Our health and wellbeing calendar supports your planning by offering a look ahead to a full year of themed content.



Free webinars for your employees

JANUARY

Renew and reset for the new year
The new year is a great opportunity to check in and review your health, habits and lifestyle. Set your goals for 2024.



DECEMBER

Mastering the practice of gratitude

Do you take the time to notice the good things in your life? Practicing gratitude can help you increase your wellbeing. Pause and reflect with us.



NOVEMBER

Men's health: Breaking the stigma

Being a man doesn't mean suffering in silence. Getting help when you need it is the right thing to do.



OCTOBER

More than the blues: Understanding depression

Depression isn't always obvious. It can be a prolonged, intense unhappiness about everything, but it is treatable and most people do improve.



SEPTEMBER

Streamlining your routine: Tips to create positive habits

New beginnings can occur any time you choose. Replace unhelpful habits with new productive ones, and see how they can improve your life.



AUGUST

Practicing self-compassion

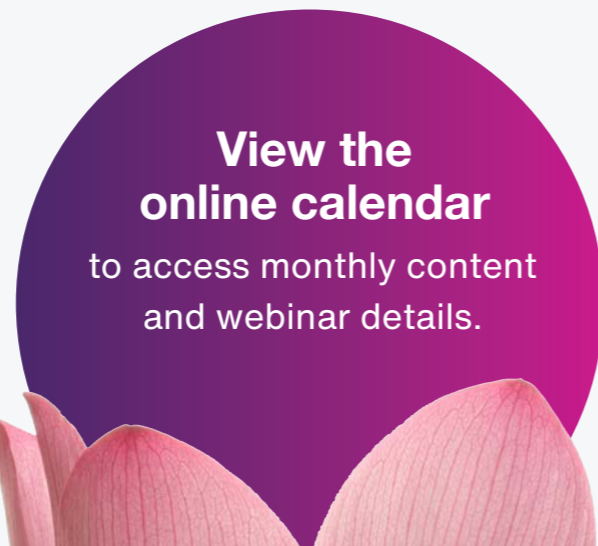
Studies have shown that kindness is associated with physical and mental health benefits. Remember to be kind to yourself and others. Find tools to help you put self-care into practice.



JULY

Courage to change: Guidance for substance use

Whether you or a loved one may be experiencing a substance use problem, we have the resources to help you identify warning signs and to support you through recovery.



View the online calendar to access monthly content and webinar details.



FEBRUARY

Taking control of your health: The physical and mental connection

Our mental and physical health are intricately connected. Register to understand the effects.



MARCH

Women's health: Taking control of your wellbeing

Women face specific health issues, which can significantly impact their wellbeing. Register and stay informed.



APRIL

Understanding neurodiversity

Neurodiverse people often experience stigma because of a lack of awareness and understanding. Register to learn more about the different conditions.



MAY

Mental health and children

Well-balanced nutrition and physical activity are important for our children, but their mental health is equally essential. Learn how we can help you.



JUNE

Eco-anxiety: How to cope when the future looks bleak

We hear about environmental threats daily from climate change to natural disasters and infectious disease. Let us help you to ease any associated distress and anxiety.



Key Events in 2024

24 JANUARY	International Day of Education
4 FEBRUARY	World Cancer Day
FEBRUARY	Heart Month
25 FEBRUARY	Mardi Gras Festival
1 MARCH	Zero Discrimination Day
8 MARCH	International Women's Day
17 MARCH	World Sleep Day
20 MARCH	International Day of Happiness
2 APRIL	World Autism Awareness Day
7 APRIL	World Health Day
22 APRIL	Earth Day
28 APRIL	World Day for Safety and Health at Work
15 MAY	International Day of Families
17 MAY	International Day Against Homophobia, Biphobia and Transphobia
JUNE	World Pride Month
	Men's Health Week
5 JUNE	World Environment Day
2 JULY	NAIDOC Week
24 JULY	International Self-care Day
30 JULY	International Day of Friendship
9 AUGUST	International Day of the World's Indigenous Peoples
30 AUGUST	Wear It Purple Day
31 AUGUST	Daffodil Day
31 AUGUST	International Overdose Awareness Day
10 SEPTEMBER	World Suicide Prevention Day
12 SEPTEMBER	RUOK? Day
OCTOBER	Global Diversity Month
	National Nutrition Week
10 OCTOBER	World Mental Health Day
NOVEMBER	November - Men's Physical Health and Mental Health
16 NOVEMBER	International Day for Tolerance
19 NOVEMBER	White Ribbon Day
DECEMBER	Holiday Season
1 DECEMBER	World AIDS Day
3 DECEMBER	International Day of People with Disability
5 DECEMBER	International Volunteer Day

Contact the TELUS Health Team

If you'd like to book a training or organise any services at your organisation, please email your Customer Success Manager.

