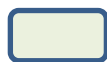


Unitec Wellbeing Calendar 2024

Key:



Month or weeklong initiatives – plenty of opportunity to get involved



Onsite events and activities



Communication piece for awareness raising

January & February		March	April
Health building blocks webinars	Financial wellbeing webinars	Creative Everyday Challenge	Flu Vaccinations
Workplace Screening (campus specific)	Chinese New Year – 10 th Block parties – 12 th to 16 th	Int Women's Day – 8 th Social Club meet up - TBC	Chair Yoga – 10 th Bootcamp sessions – 23 rd Social Club movie night – 10 th Eid Celebrations -30th
Reflection and planning prompts	Promotion of the Bike Challenge and Pride month	Promotion of <u>Ramadan</u> , <u>Neurodiversity week</u> and <u>Trans Visibility day</u> .	Anzac day feature – staff stories about dealing with grief
May	June	July	August
Whānau Fortunes	Junk Free June (cooking classes, swaps and more)	Language weeks (Solomon Islands, Kiribati, Cook Island)	Leaders Challenge
Badminton season Social Club meet up Pink Shirt Day Bakesale	Winter fitness classes Social Club meet up	Winter fitness classes Social Club meet up <u>Matariki</u> celebrations	Winter fitness classes Woman@Unitec event
Walk the talk fundraiser Language weeks	Promotion of <u>Sweat With Pride</u> month and <u>Int Language Week</u>	Promotion of <u>Dry July</u>	Promotion of Taumauri's Money month content
September	October	November & December	
Mental Fitness Challenge	Breast Cancer Awareness month	Man's health Movember	Summer Safety
Language weeks (<u>Maori</u> and <u>Tongan</u>) Blood drive in Waitakere	Health Checks Social Club meet up	Staff Excellence Awards	Rainbow Network Awareness Event
Promotion of <u>Mental Health Awareness week</u>	Promotion of Language weeks (<u>Fijian</u> , <u>Tuvalu</u> , <u>Niuen</u> and <u>Tokelay</u>)	Promotion of <u>Gumboot Friday</u> , <u>Diwali</u> , <u>World Diabetes day</u> , and <u>Trans Day of Remembrance</u> .	Promotion of Taumauri's Switching off content