

GEB Health & Wellbeing Calendar - Sample

JANUARY



Promote Digestive Health

After the holidays, help employees get a healthy start by improving their digestive health. Available content: animation, infographic, email campaign.



Cervical Cancer Prevention Week

Educate your employees about age and gender-related cancer screenings and self checks. Available content: infographics, health screening guides.

FEBRUARY



Heart Health Month

In the US and UK, celebrate Heart Health Month and educate your employees about preventing common lifestyle diseases such as heart disease and stroke. Available content: animation, infographic, email campaign.



World Cancer Day

Educate your employees about age and gender-related cancer screenings and self checks. Available content: infographics, health screening guides.

MARCH



World Day for Safety and Health at Work

Identify trends and risk factors for mental health safety at work through our free gap analysis. Available tools: Mental Health Audit Tool for employers.



Endometriosis Awareness Month

Help your employees learn more about Endometriosis symptoms and treatment options this month. Available content: infographics, health screening guides.

APRIL



International Caesarean Awareness Month

Making informed decisions around birthing plans is still a challenge for many women around the world. Help expectant mothers make the right decision for them. Available content: animation, infographic, email campaign.



WHO World Health Day

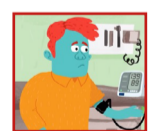
Each year the World Health Organisation develops tools and information to support awareness of emerging health trends. Use their resources as you celebrate World Health Day. Available content: visit the WHO site for World Health Day tools.



World IBS Awareness Day

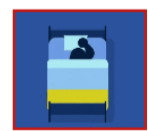
Irritable Bowel Syndrome (IBS) is a chronic condition impacting 5-10% of people worldwide. Educate your employees about IBS symptoms and treatment options. Available content: animation, infographic, email campaign.

MAY



World Hypertension Day

Help educate your employees about monitoring and managing their vital signs with our "Know Your Numbers" campaign. Available content: animation, infographic, email campaign.



World Chronic Fatigue Day

Raise awareness about sleep hygiene. Available content: animation, manager discussion guide, infographic, email campaign.

JUNE



World Food Safety Day

Educate your employees about food and water safety. Available content: animation, infographic, email campaign.



World Migraine Awareness Month

Support your employees with our resources on migraine causes, symptoms, prevention and treatment options. Available content: animation, infographic, email campaign.

JULY



Infectious Disease Awareness: Dengue Fever

The rainy season is still in effect in South American countries. Help support your employees by educating them about Dengue Fever. Available content: animation, infographic, email campaign.

AUGUST



World Breastfeeding Week

Help expectant mothers make the right decision for them with information on natural and Caesarean delivery. Available content: animation, infographic, email campaign.



Immunisation Awareness Month

Educate your employees about immunisations at every stage of life using educational materials from the CDC. Available content: visit the CDC website for immunisation guidance material.

SEPTEMBER



World Suicide Prevention Day

Raise awareness of the prevalence of Depression and treatment options during this month. Available content: animation, manager discussion guide, infographic, email campaign.



World Heart Day

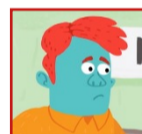
Educate your employees about preventing common lifestyle diseases such as heart disease and stroke. Available content: animation, infographic, email campaign.

OCTOBER



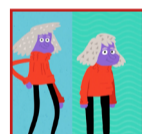
World Spine Day

A sedentary lifestyle and poor posture can lead to back injury. Help your employees look after their spinal health. Available content: animation, infographic, email campaign.



World Mental Health Day

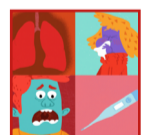
Help your employees understand how to prevent poor mental health this month. Available materials: animation, infographic, email campaign.



World Menopause Day

Educate your employees about symptoms and options for the journey to menopause. Available materials: animation, infographic, email campaign.

NOVEMBER



World Antimicrobial Awareness

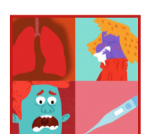
Educate your employees on how they can help to prevent antibiotic resistance. Available materials: animation, infographic, email campaign.



World COPD Awareness Day

Raise awareness of respiratory disease and prevention this month. Available materials: animation, infographic, email campaign.

DECEMBER



Preventing Colds and Flu

With many EU countries and the US entering winter, it's important to educate employees on the prevention of colds and flu. Available materials: animation, infographic, email campaign.



Managing year-end stress

The end of the year can be stressful for everyone - help your employees develop resilience, and learn how to better manage their stress. Available materials: animation, manager discussion guide, infographic, email campaign.