

2013 Wellness Calendar

For immediate and confidential assistance 24/7/365
1 800 387-4765 or workhealthlife.com.

Scan QR code now



FREE download of
award-winning My EAP app
at shepellfqi.com/MyEAP

[workhealthlife blog](#)



Shepell·fqi blog



Browse and book **Workplace Training**
at shepellfqi.com.

WORK, HEALTH, LIFE THIS MONTH



SHARE WITH FAMILY AND FRIENDS



FOR YOU, YOUR FAMILY AND WORKPLACE



JANUARY

- Alzheimer's Awareness Month
- Global Family Day - Jan 1
- Non-Smoking Week - Jan 20-26
- Focus on change

Newsletters: **Balance** (🇨🇦🇺🇸), **Expat Healthy Living** (🏠),
Global Healthy Living (🌐)

Articles on workhealthlife.com:

- [Make Smoking a Thing of the Past](#)
- [Accomplishing Change](#)



FEBRUARY

- Heart Month
- World Cancer Day - Feb 4

Newsletters: **Balance** (🇨🇦🇺🇸), **Healthy Working** (🇨🇦🇺🇸)

Articles on workhealthlife.com:

- [Stress Busters for a Healthier Heart](#)
- [Coping with the News of a Cancer Diagnosis](#)

My EAP app: My Relationship Meter



MARCH

- Nutrition Month
- International Women's Day - March 8

Newsletters: **Balance** (🇨🇦🇺🇸)

Articles on workhealthlife.com:

- [Fad or Fact: Sorting Out Conflicting Nutritional Advice](#)
- [Ten Easy Tips for a Healthier Daily Diet](#)



APRIL

- World Autism Awareness Day - April 2
- World Health Day - April 7
- Day of Pink: International Day against Bullying, Discrimination, Homophobia and Transphobia - April 10
- Focus on finances

Newsletters: **Balance** (🇨🇦🇺🇸), **Expat Healthy Living** (🏠),
Expat Healthy Working (🏠), **Global Healthy Living** (🌐)

Articles on workhealthlife.com:

- [Bullying and Your Child](#)
- [Gay and Lesbian Teens: At Risk for Depression and Suicide](#)



MAY

- May Day: International Workers' Day - May 1
- Mental Health Week - May 6-10
- International Day of Families - May 15
- World Day for Cultural Diversity - May 21
- World No-Tobacco Day - May 31

Newsletters: **Balance** (🇨🇦🇺🇸), **Healthy Working** (🇨🇦🇺🇸)

Articles on workhealthlife.com:

- [Defining Common Mental Health Terms](#)
 - [Diversity 101: Dealing with Cultural Differences in the Workplace](#)
- Mental Health Microsite



JUNE

- Stroke Awareness Month
- Focus on communication in the workplace

Newsletters: **Balance** (🇨🇦🇺🇸)

Articles on workhealthlife.com:

- [Coping with Recovery after a Stroke](#)
- [Workplace Communication](#)



- Online Smoking Cessation Program
- Family Support Services
- Financial Support Services
- **Workplace Training:** Smoking cessation: Time to quit
- **Workplace Training:** Setting and achieving your goals
- Take a New Year resolution pledge



- Nutrition Services
- Online Enhancing Your Relationship
- Health Coaching
- **Workplace Training:** Heart smart
- **Workplace Training:** Food power – Preventing cancer
- Check blood pressure & create a heart-healthy grocery list



- Nutrition Services
- Naturopathy Services
- Health & Wellness Resource Package: Eating for Health
- **Workplace Training:** Healthy weight - Separating fact from fiction
- Organize a healthy potluck



- Counselling
- Family Support Services
- Financial Support Services
- **Workplace Training:** Bullying in the Workplace
- **Workplace Training:** Money Management
- Balance your budget for peace of mind



- Counselling
- Family Support Services
- Online Smoking Cessation Program
- Online Stress Management Program
- **Workplace Training:** Mental health in the workplace
- Host an around-the-world potluck



- Nutrition Services
- Health Coaching
- **Workplace Training:** Stress relaxation techniques
- **Workplace Training:** Effective communication at work
- Practice active listening at work and home



2013 Wellness Calendar

For immediate and confidential assistance 24/7/365
1 800 387-4765 or workhealthlife.com.

Scan QR code now



FREE download of
award-winning **My EAP app**
at shepellfgi.com/MyEAP



Browse and book **Workplace Training**
at shepellfgi.com.

WORK, HEALTH, LIFE THIS MONTH



SHARE WITH FAMILY AND FRIENDS



FOR YOU, YOUR FAMILY AND WORKPLACE



JULY

- International Day of Friendship - **July 30**
- Focus on engagement

Newsletters: **Balance** (🇨🇦🇺🇸), **Expat Healthy Living** (🏠),
Global Healthy Living (🌐)
Articles on workhealthlife.com:
• [Friendships and Your Well-Being](#)
• [Becoming More Productive: Setting Clear Goals and Objectives](#)



AUGUST

- International Youth Day - **Aug 12**
- Focus on resiliency

Newsletters: **Balance** (🇨🇦🇺🇸)
Articles on workhealthlife.com:
• [Helping Your Teen to Map Out a Career Course](#)
• [Tips for Building Resiliency](#)
My EAP app: [My Stress Index](#)



SEPTEMBER

- International Literacy Day - **Sept 8**
- World Suicide Prevention Day - **Sept 10**
- World Alzheimer's Day - **Sept 21**

Newsletters: **Balance** (🇨🇦🇺🇸), **Healthy Working** (🇨🇦🇺🇸),
Expat Healthy Working (🏠)
Articles on workhealthlife.com:
• [Suicide Signs and Prevention](#)
• [Understanding Alzheimer's Disease](#)
My EAP app: [My Relationship Meter](#)



OCTOBER

- Mental Illness Awareness Week -
Sept 30 - Oct 4
- International Day of Non-Violence - **Oct 2**
- World Mental Health Day - **Oct 10**
- World Food Day - **Oct 16**

Newsletters: **Balance** (🇨🇦), **Healthy Working** (🇨🇦🇺🇸)
Articles on workhealthlife.com:
• [Workplace Violence: Recognizing It, Responding to It](#)
• [Discussing Your Mental Health Issue](#)
My EAP app: [My Stress Index](#)
Mental Health Microsite



NOVEMBER

- Health Food Month
- World Diabetes Day - **Nov 14**
- Universal Children's Day - **Nov 20**
- International Day Against Violence
Against Women - **Nov 25**

Newsletters: **Balance** (🇨🇦🇺🇸), **Expat Healthy Living** (🏠),
Global Healthy Living (🌐)
Articles on workhealthlife.com:
• [Keeping Fit in the Gym and at Home](#)
• [A Perspective on Domestic Abuse](#)



DECEMBER

- International Day of Persons with
Disabilities - **Dec 3**
- Human Rights Day - **Dec 10**

Newsletters: **Balance** (🇨🇦🇺🇸)
Articles on workhealthlife.com:
• [Parenting a Child with a Disability](#)
• [Loneliness and the Holiday Season](#)
My EAP app: [My Stress Index](#)



- Family Support Services
- Career Counselling
- **Workplace Training:** Boosting your positive outlook
- Get together with old or new friends



- Family Support Services
- Career Counselling
- Online Stress Management Program
- Health & Wellness Resource: Managing Workplace Stress
- **Workplace Training:** Thriving under pressure: Resiliency at work

- Family Support Services
- Online Stress Management Program
- Counselling
- Health & Wellness Resource: Parenting Teens
- **Workplace Training:** Understanding suicide
- **Workplace Training:** The sandwich generation

- Counselling
- Online Stress Management Program
- Nutrition Services
- **Workplace Training:** Mental health awareness
- Participate in the interactive poll on the Microsite



- Nutrition Services
- Health Coaching
- Family Support Services
- Counselling
- **Workplace Training:** Establishing good nutrition practice for you and your family
- Organize a healthy recipe exchange



- Family Support Services
- Counselling
- Financial Support Services
- **Workplace Training:** Accessibility for Ontarians with Disabilities Act (AODA) Training
- Volunteer in the community

