

HumanaCare is pleased to introduce our content calendar for 2023*

Each month, our content will be distributed via member, program administrator, and people manager newsletters. You'll find our monthly themes below and a list of important National and International Health Wellness related dates that may help you plan specific events and content around various recognition days. You may also find this [Canada.ca](https://www.canada.ca) calendar helpful which lists the full dates recognizing health and wellness events across Canada.

Every month will feature an **"Ask an Expert"** campaign with written content surrounding the theme and a webinar event for you to promote to your employees and keep workplace well-being top of mind.

We also have milestone kits available twice a year – **May (Mental Health Week)** and **October (Healthy Workplace Month)**. These kits will replace the themed newsletters and focus on specific campaigns instead.

Please note that registration pages for the webinars will follow and will be included in the newsletters distributed at least three weeks before the event takes place.

MONTH	THEME	IMPORTANT DATES AND THEMES**
JANUARY	Personal Planning	New Year's Resolutions Blue Monday (16)
FEBRUARY	Relationships	Psychology Month World Cancer Day (4) Valentine's Day (14) International Childhood Cancer Day (15)
MARCH	Sleep and Insomnia	Nutrition Month International Women's Day (8) World Sleep Day (19) Neurodiversity Celebration Week (21-27)
APRIL	World Health Day	IBS Awareness Month Parkinson Awareness Month Canadian Infertility Awareness Week (18-24) National Immunization Awareness Week (24-30) National Day of Mourning (28)
MAY	Mental Health Week (10-16)	Celiac Disease Awareness Month MS Awareness Month Vision Health Month International Nurses Day (12)

MONTH	THEME	IMPORTANT DATES AND THEMES**
JUNE	Men's Health	Pride Month Migraine Awareness Month World Environment Day (5) National Meditation Day (9) Action Anxiety Day (10) World Elder Abuse Awareness Day (15) PTSD Awareness Day (27)
JULY	Occupational Health & Safety / Diversity and Inclusion	National Injury Prevention Day (5) International Self-Care Day (24)
AUGUST	Substance Misuse	World Humanitarian Day (19) International Overdose Awareness Day (31)
SEPTEMBER	Stress and Burnout	World Alzheimer's Month World Suicide Prevention Day (10) Orange Shirt Day (30)
OCTOBER	Healthy Workplace Month	Mental Illness Awareness Week (2-8) World Mental Health Day (10) Invisible Disabilities Week (18-24) World Psoriasis Day (29)
NOVEMBER	Financial Literacy Month	Indigenous Disability Awareness Month National Domestic Violence Awareness Month World Diabetes Day (14) Digital Health Week (Nov 29-Dec 5)
DECEMBER	Managing Family Stress	International Volunteer Day (5) Humans Rights Day (10) Anti-Bullying Day (17)

*Calendar is subject to change as we react to regional and global events that can impact what employees may experience from a mental and physical health perspective.

**If the recognition dates for 2023 change once new information is released, you will receive an updated calendar.