

Health Matters State Employee Wellness Program

2021 CALENDAR

01. JANUARY

MONTHLY THEME: *Healthy Habits*

- HEALTH OBSERVANCES: Radon Safety
- SPECIAL DATE: [1/13] Take the Stairs Day

Challenge!

The Big 4 Focus

JANUARY 19 – FEBRUARY 12

07. JULY

MONTHLY THEME: *Mastering Mindfulness*

- HEALTH OBSERVANCES: Hearing Health
- SPECIAL DATE: [7/3] National Hop-A-Park Day

Challenge!

Summer Fun BINGO

JULY 12 – AUGUST 8

02. FEBRUARY

MONTHLY THEME: *Cultivating Kindness*

- HEALTH OBSERVANCES: Heart Health
- SPECIAL DATE: [2/5] Wear Red Day

08. AUGUST

MONTHLY THEME: *Connections Count*

- HEALTH OBSERVANCES: Immunization Awareness
- SPECIAL DATES: [8/1–7] Farmers Market Week

03. MARCH

MONTHLY THEME: *Nuts About Nutrition*

- HEALTH OBSERVANCES: Colorectal Cancer
- SPECIAL DATE: [3/19] World Sleep Day

09. SEPTEMBER

MONTHLY THEME: *More Matters*

- HEALTH OBSERVANCES: Healthy Aging
- SPECIAL DATES: [9/5–11] Suicide Prevention Week

04. APRIL

MONTHLY THEME: *Spring in Your Step*

- HEALTH OBSERVANCES: Alcohol Awareness
- SPECIAL DATE: [4/7] National Walking Day

10. OCTOBER

MONTHLY THEME: *Easy and Effective Ergonomics*

- HEALTH OBSERVANCES: Breast Cancer; Oral Health
- SPECIAL DATE: [10/15] Global Handwashing Day

Event!

2nd Annual Virtual 5K Run/Walk

OCTOBER 1 – 7

05. MAY

MONTHLY THEME: *Healthy Mind, Healthy Body*

- HEALTH OBSERVANCES: Women's Health
- SPECIAL DATE: [5/28] Don't Fry Day

Challenge!

Spring into Summer Fitness Challenge

MAY 10 – JUNE 20

11. NOVEMBER

MONTHLY THEME: *Attitude of Gratitude*

- HEALTH OBSERVANCES: Lung Cancer; Diabetes
- SPECIAL DATE: [11/14] World Diabetes Day

06. JUNE

MONTHLY THEME: *Safe Summer Fun*

- HEALTH OBSERVANCES: Men's Health
- SPECIAL DATE: [6/13] Family Health/Fitness Day

12. DECEMBER

MONTHLY THEME: *Healthy Holidays*

- HEALTH OBSERVANCES: Eye Health
- SPECIAL DATE: [12/18] Bake Cookies Day

Use this calendar to help with wellness planning throughout the year. Resources, information, and tips are available in the bi-monthly newsletter and at healthmatters.idaho.gov. Details about well-being challenges/events will be released two to three weeks prior to the start dates listed above.

Health Matters is here to support State of Idaho employees! Email healthmatters@dhr.idaho.gov to set up a time to discuss evidence-based wellness strategies for your agency or department.