

WELLNESS SERVICES 2023 HEALTH CALENDAR

Ask us about planning your 2023 Health & Wellness Calendar!

JANUARY

Alzheimer's Awareness Month
Bell Let's Talk
Non-Smoking Week

Wellness Seminar Suggestions

- 10 Steps to Improved Memory
- Mental Wellness at Work: Moving Beyond Stigma
- Heart Disease: What You Need to Know and Do

FEBRUARY

Heart Month
World Cancer Day
Psychology Month

Wellness Seminar Suggestions

- 10 Steps to a Healthier Heart
- Vitamins & Supplements: Be Informed
- The Gut-Brain Connection

MARCH

Nutrition Month
Liver Disease Month
Brain Health Awareness Month

Wellness Seminar Suggestions

- Healthy Ingredient Swaps to Supercharge Your Meals
- Detoxification: The Once-Over
- Psychological Health and Well-Being

APRIL

Cancer Month
National Immunization Awareness Week
World Health Day

Wellness Seminar Suggestions

- Superfoods for Super Immunity
- Flu Prevention and Remedies
- Immune Up: Preparing for a Healthy Kitchen

MAY

Mental Health Month
North American Occupational Safety & Health Week
National Sun Awareness Month

Wellness Seminar Suggestions

- Mental Health and Social Media
- Functional Fitness
- Exercise in Warmer Weather

JUNE

Seniors Month
National Health & Fitness Day
Canadian Men's Health Month

Wellness Seminar Suggestions

- Nutrition of Healthy Aging
- Exercise is Medicine
- Men's Health

JULY

National Injury Prevention Day
International Self-Care Day
World Population Day

Wellness Seminar Suggestions

- Personal Ergonomics
- Work in Progress: Becoming Your Best Self
- Healthy Eating on a Budget

AUGUST

World Humanitarian Day
International Youth Day
World Day of Laziness

Wellness Seminar Suggestions

- Caring for Yourself to Care for Others
- Mindful Eating
- Exercise and Mental Wellbeing

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SEPTEMBER

Arthritis Month
Terry Fox Run
World Suicide Prevention Day

Wellness Seminar Suggestions

- Inflammation and Pain Management
- Learn to Run a 5K
- Stress, Anxiety & Depression

OCTOBER

Breast Cancer Awareness Month
Canada's Healthy Workplace Week
World Mental Health Day

Wellness Seminar Suggestions

- Women's Health
- How to Fit Exercise into Your Busy Life
- Mind Health: Building Mental Resilience

NOVEMBER

Diabetes Month
Crohn's and Colitis Awareness Month
Osteoporosis Month

Wellness Seminar Suggestions

- Diabetes Prevention
- Gut Instinct
- Back Basics

DECEMBER

World AIDS Day
Women's Brain Health Day
Human Rights Day

Wellness Seminar Suggestions

- Ramp Up your Resilience with Nutrition
- Brain Foods & Stress Solutions
- Life Balance and Happiness

OTHER SERVICES TO COMPLIMENT SEMINARS

Chair Massages – Ideal for health fairs, employee appreciation events and conferences

Nutrition Consultations – One-on-one personal consultations in 20 and 60-minute individual bookings

Fitness Classes (30 - 45 minutes) – Choose from Yoga, Dance, Bootcamp, Stretch & Breathe, and more

For more information please email workplacewellness@goodlifefitness.com

“We've been so impressed with the quality of your facilitators and will definitely recommend them to our partners. GoodLife facilitators are extremely credible, professional, experts in their field who deliver content in a fun and engaging way!”

**CANADIAN PROFESSIONAL
SALES ASSOCIATION**
July 2022