

The Ultimate *12-Month* Planner for Creating Workplace Wellness Campaigns



TOTALWELLNESS

A Year of Wellness Observances to Promote Your Workplace Wellness Culture

As an employer, part of your job is keeping your employees as happy and healthy as possible.

When you have a ton of moving parts in the workplace, it can sometimes feel tough to slow down and make the time for planning wellness activities.

But research shows if you don't plan for your employees' health, it can backfire in a big way. While not classified as a medical condition, [burnout is still a costly experience](#) for both employees and employers.

In fact, it's become such an **occupational phenomenon** that the World Health Organization (WHO) added it to its International Classification of Diseases in 2019.

And health issues mount higher the longer employees ignore their conditions.

So, take the time to show your employees wellness and health matters and they'll take it to heart.

How do you do that?

By keeping your employees focused on wellness all throughout the year by creating educational awareness campaigns based on wellness observances. It's easy, it's fun, and the observances are topics that actually matter — like heart health, diabetes, healthy sleep, and more.

Coming up with health and wellness ideas in the workplace shouldn't be challenging. If you are still struggling for innovative and exciting ideas, we've got you covered. This 12-month planner lays out the best ideas in accordance with major wellness and health campaigns.

Here's a list of some of the ideas you'll find in this comprehensive guide:

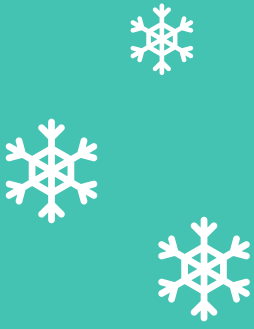
- National Glaucoma Awareness Month
- Thyroid Awareness Month
- American Heart Month
- National Kidney Month
- World Sleep Day
- And many more!



All of these topics can be covered in a variety of ways — from workshops to brief email fact sheets — and may be as involved as you want each to be. No matter how you present the information, just be sure your employees have key takeaways that will help them immediately improve their health.

Ready to get started?

Here's to happy, healthy wellness holidays!



January



National Glaucoma Awareness Month

More than 3 million people in the United States have glaucoma. The National Eye Institute expects that number to increase to 4.2 million by 2030.

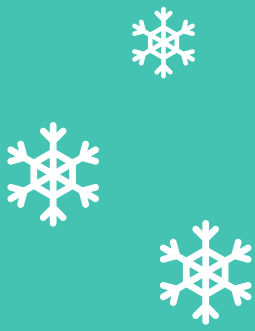
Why it Matters: Glaucoma is called “the sneak thief of sight” since there are no major symptoms. Once vision is lost, it’s permanent. As much as a 40% loss of vision can occur without a person noticing.

How to Get Involved

- **Schedule a presentation** - Consider inviting an ophthalmologist to a lunch and learn to discuss eye health and answer employee questions.
- **Spread the word** - Include helpful information in your monthly newsletter, flyers in the office, and join the conversation on social media.
- **Use ready-made resources** - [The National Eye Institute](#) has a ton of resources that are ready for use, including handouts and fact sheets.

Resources

- [VisionAware](#)
- [Glaucoma Research Foundation](#)



January



Thyroid Awareness Month

About 20 million Americans suffer from a thyroid disorder. Now is a good time to become aware of your thyroid health, including how best to take care of it. Surprisingly, thyroid disease is even more common than breast cancer, diabetes, and heart disease.

Why it Matters: Thyroid nodules and enlarged thyroid glands are common problems. These can develop cancer and require treatment ASAP. More Americans have thyroid disease than all types of cancer combined.

How to Get Involved

- **Host a talk** - Invite an endocrinologist to give a presentation on the thyroid.
- **Wear ribbons** - Host a blue paisley ribbon day and ask everyone to wear one. Fun fact to share: Paisleys look similar to the cross section of thyroid follicles.
- **Educate via video** - Share a [one-minute video](#) on thyroid health with employees
- **Gather and distribute materials** - Share [American Association of Clinical Endocrinologists](#) resources with employees.

Resources

- [American Thyroid Association](#)
- [Thyroid Awareness](#)
- [American Association of Clinical Endocrinologists](#)



February

American Heart Month

Everyone has a heart and as the body's most powerful muscle, it's important for your employees to take care of it. Sharing heart disease facts and how to prevent it can provide powerful insight to employees on the importance of heart health. Every 37 seconds, someone dies from a cardiovascular condition.

Why it Matters: Heart disease is a repeated #1 killer in the U.S. for both men and women. Annually, one in four people die from heart disease.

How to Get Involved

February has several days that are related to heart month to promote at the office. [American Heart Month](#) is the overarching theme, but you can remind employees throughout the month with various events and observances.

- **Wear red** - Feb. 7 is National "Wear Red" Day for women's heart health. Share with workers that cardiovascular disease is the leading cause of death for women.
- **Congenital Heart Defect Awareness Week (Feb. 7-14)** - [CHD](#) is the world's most common congenital disability, impacting 1.35 million babies annually worldwide.
- **Heart Failure Awareness Week (Feb. 9-15)** - Do Your Part, Know Your Heart
- **[National Donor Day](#) (Feb. 14)** - Nearly 120,000 patients are on the waiting list to receive a life-saving organ transplant. Countless others are in need of cornea, tissue, bone marrow, blood, and platelet donations. Bring a donor or recipient in to share their story.
- **Incorporate heart-healthy strategies** - From implementing no-smoking policies on your work campus to encouraging exercise, you can [help your employees with heart health](#) in more ways than you know!

Resources

- [American Heart Association](#)
- [U.S. Department of Health and Human Services](#)



March



National Kidney Month

Kidney disease impacts more than 30 million adults. Individuals with high blood pressure are at a higher risk for kidney disease, which may lead to heart attack, stroke, kidney failure, or death. It's known as a [silent killer](#) because it's often too late before people know they have it.

Why it Matters: People in the early stages of chronic kidney disease may not have symptoms. Most people won't know they have it until their kidneys are permanently damaged. Sharing resources and educating employees can help them spot any symptoms they may need to talk to a doctor about.

How To Get Involved

- Share information - Get the word out via newsletters and table tents.
- Form a team - Get employees involved in a local [Kidney Awareness Walk](#). Exercise supports healthy kidneys.
- Pass out flyers - Share [this flyer](#) from the National Kidney Foundation.
- Spread the word - Gather and distribute sample social media posts, videos, and other resources from the [National Institute of Diabetes and Digestive and Kidney Diseases](#).

Resources

- [Mayo Clinic](#)
- [National Kidney Foundation](#)
- [Why Employers Need to Talk About Common Kidney Diseases at Work](#)



March



World Sleep Day

Life gets busy between professional and personal life. Remind your employees during World Sleep Day the importance of quality sleep. Each year, it's held the Friday before Spring Vernal Equinox.

Why it Matters: Sleep problems are being considered a “global epidemic” as it degrades quality of life for up to [45% of the world's population](#).

How To Get Involved

- **Create a pledge** - Ask employees to take a pledge to add 30 minutes of additional sleep a night for 30 days. Have them report and share results.
- **Check out World Sleep Day resources** - Look into talking points, videos, quotes, and facts available on the [World Sleep Day](#) site. Share the content in wellness newsletters.
- **Host a somnologist** - Invite a sleep doctor to give a presentation to employees.

Resources

- [World Sleep Society](#)
- [National Sleep Foundation](#)
- [8 Experts Give Their Best Advice on How to Sleep Better at Night](#)



March



World Nutrition Month

The 2020 slogan for World Nutrition Month is “Eat Right, Bite by Bite.” Each year, a new theme is chosen to keep it interesting and helpful for spreading the word on nutrition. The National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. Throughout March, the organization shares the importance of making informed food choices, along with creating healthy food and physical activity habits.

Why it Matters: Exercise is only a part of the equation when it comes to health. A good diet that’s full of nutritious foods like fruits and veggies combined with exercise creates optimum health.

How To Get Involved

- **Drop a weekly topic** - Use the [weekly plan of topics](#), toolkit, and videos by the Academy of Nutrition and Dietetics to share information inside of the theme.
- **Host weekly healthy lunch and learns** - Mix it up with breakfasts and healthy snacks at each event. Ideas like healthy meal prep hacks and [work snack ideas](#) are a few helpful topics employees may enjoy.
- **Bring in the experts** - Invite a registered dietitian to present nutrition topics and answer common nutrition questions and [debunk nutrition myths](#).
- **Share healthy recipes** - Ask employees to get involved and submit their favorites. Have your wellness committee compile an employee recipe book to distribute at the end of the month.

Resources

- [Academy of Nutrition and Dietetics](#)
- [Centers for Disease Prevention and Control](#)
- [6 Key Messages to Share During National Nutrition Month](#)



April



Alcohol Awareness Month

This observance is organized as a public health program to educate the public on the dangers surrounding alcoholism. At first, it was meant as a campaign to educate teens and college students, but now it's a national movement to help families learn how to better handle drinking issues.

Why it Matters: Denial is a large characteristic of alcoholism — by the abuser and family members who have a hard time accepting the problem. By breaking the stigma surrounding it, employers can help their workers address drinking problems with themselves or loved ones.

How To Get Involved

- Use free government resources - [Share these resources from healthfinder.gov](#) in newsletters and around the office.
- Offer community resources - Share local addiction resources to rehab programs, AA meetings, and [Al-Anon meetings](#).
- Provide stress-relief ideas - Alcohol is often used to mitigate stress. Share resources and host a lunch and learn on [alternative stress relief](#).
- Have tough conversations and training - Educate managers and HR on how to have difficult conversations regarding poor performance and how to assist recovering employees.

Resources

- [Alcohol.org](#)
- [Al-Anon](#)
- [Alcoholics Anonymous](#)



April



National Public Health Week

National Public Health Week is held the first full week of April. For employees to live their best lives, they must first understand what poor health and disease risk looks like. This week also provides an opportunity to get workers involved in local health issues that are important to them.

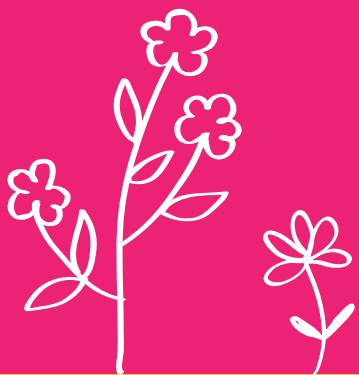
Why it Matters: Everyone should be able to live a long and healthy life in a safe environment. Show employees the meaning of true health and how they may achieve it.

How To Get Involved

- Highlight the daily themes outlined by the [NPHW](#) site:
 - Monday: Mental Health
 - Tuesday: Maternal/Child Health
 - Wednesday: Violence Prevention
 - Thursday: Environmental Health
 - Friday: Education
 - Saturday: Healthy Housing
 - Sunday: Economics
- Host a workout class - Bring a yoga or other instructor on site to work with employees on fitness and stress relief.
- Assist with local housing development - Support Habitat for Humanity (or similar organizations) with a team of volunteers from your company.
- Explore agriculture - Learn about healthy eating and where food comes from by organizing a tour of a local farmer's market or hosting a container gardening class.

Resources

- [National Public Health Week](#)
- [Health Resources & Services Administration](#)



May



Global Employee Health & Fitness Month

This month is made for your wellness committee to take it and run with it. This international observance is all about [health and fitness in the workplace](#). Even if you're late to the game, you can take the idea for this observance and use it during any month of the year.

Why it Matters: This is the ideal month to highlight your wellness programs and health benefits. Use this month to promote the benefits of healthy living to your employees through onsite activities.

How To Get Involved

- **Lead the way** - Take the [CEO pledge](#) to promote employee wellness.
- **Get employees excited** - Host a chef, or take a field trip to a local healthy cooking class.
- **Organize [healthy challenges](#) throughout the month** - Set up step challenges, take the stairs, drink more water, bring a healthy lunch, etc.
- **Have a mental health day** - Bring in massage therapists, yoga instructors, meditation experts, and other health pros. Hand out journals, stress balls, and essential oil gift sets.
- **Encourage walking meetings and stretch breaks** - Set timers for departments to get up and stretch after 50 minutes or so of work.
- **Set up an outdoor event** - If possible, have an outdoor picnic with physical activities like soccer, flag football, hula hoops, potato sack races, etc.
- **Host a health event** - Set up a [biometric screening](#) for employees.
- **Score health deals** - Work with local gyms for membership discounts.
- **Do giveaways** - Provide employees with company-branded water bottles and/or other gym swag.
- **Get active** - Organize and host a 5K walk or run in conjunction with a steps challenge.
- **Offer big health giveaways** - Consider a few big-ticket raffles like kayaks or bicycles. Ask a local shop to donate, if possible.
- **Check out the [office ergonomics](#)** - Review office spaces for proper lighting, seating, etc.

Resources

- [The Employee Wellness Project](#)
- [6 Easy Fitness and Wellness Challenges For Any Workplace](#)
- [Global Employee Health and Fitness Month](#)



June



National Safety Month

This month is all about helping employees recognize workplace hazards and risks that could lead to injury or death. It's more than common sense, it's about proper training and learning where workplaces can tighten up policies, improve work environments, and educate employees. National Safety Month focuses on workplace safety, but also road and community safety, too.

Why it Matters: Accidental injury is the #3 cause of death in America. That means every three minutes someone dies from a preventable accident like a fall, drowning, or car crash. Educating employees on preventable accidents can help them prioritize safety at home and at work.

How To Get Involved

- **Make it fun** - Host weekly safety trivia contests.
- **Ask for pledges** - Encourage employees to take the [safety pledge](#).
- **Set up pertinent training** - Offer AED/CPR training and set a company-wide goal for completions.
- **Share safety resources** - [Download NSM resources](#) to share with employees in newsletters and blog posts.
- **Bring in an interesting guest** - Host a safety lunch and learn with someone who will share interesting insight on accident prevention. A paramedic or ER nurse or doctor would provide valuable education.

Resources

- [National Safety Council](#)
- [30 Days of Topics to Promote in Any Workplace During National Safety Month](#)



June



Family Health & Fitness Day

Get the whole family involved with this fun event. Every second Saturday in June, this day encourages parks and recreation usage to keep communities healthy.

Why it Matters: Families are often the core of employees' lives, so making sure the whole family is healthy can keep your employees more productive.

How To Get Involved

- **Invite the family** - Host a picnic or event for employees and families at a local park, nature center, or rec center.
- **Get active** - Organize a scavenger hunt with prizes that encourages participants to explore the grounds.
- **Share valuable local resources** - If you can't host an event, share information with employees about local events or parks and encourage them to celebrate and share photos.

Resources

- [Health.gov](https://www.health.gov)
- [Food and Health Communications](#)
- [Why Fun Office Fitness Challenges Bring Employees Together](#)
- [Workout at Home With No Equipment With These 10 Exercises](#)



July



National Stay Out of the Sun Day

By July, summer is in full swing. Your employees are likely enjoying more outdoor time at beaches, parks, and local attractions. Encourage them to be mindful of the sun's harmful rays and to avoid peak sun hours to avoid skin damage. This event is held every year on July 3 as a summer reminder to take care of our skin and protect ourselves from skin damage.

Why it Matters: Every day, about 9,500 people are diagnosed with skin cancer. With some helpful reminders and education, your employees can remember to protect their skin.

How To Get Involved

- **Share protection tips** - Throughout the summer, share tips with employees, like these from the [CDC](#).
- **Host a dermatologist** - Bring in a skin cancer expert for a [lunch and learn](#).
- **Offer coverage** - Provide sunscreen samples for employees. Better yet, keep a basket of sunscreen protection by the office front door as a reminder to protect skin.
- **Hold raffles for sun hats or umbrellas** - Consider sourcing branded items or printing your company logo on visors and other protective gear for giveaways.

Resources

- [Summer Sun Essentials Guide](#)
- [American Academy of Dermatology](#)



July



World Hepatitis Day

On July 28, this [international observance](#) is focused on educating the masses on the global health concern of hepatitis. This condition causes 1.34 million deaths each year and causes two in every three cases of liver cancer deaths. There is a cure for hepatitis C, along with treatment, which is why it's important to educate employees who might think otherwise.

Why it Matters: Without their knowledge, 290 million people are living with hepatitis. This means they are missing out on critical care that could keep them healthier longer. This infection can destroy the liver and lead to other life-threatening conditions.

How To Get Involved

- **Educate employees** - Share [information from the CDC](#) in newsletters and company-wide social media campaigns.
- **Host a lunch and learn** - Bring in a disease specialist or doctor to discuss hepatitis and the consequences of it being left untreated.
- **Get social** - Encourage employees to follow @cdchep on Twitter for information about all types of viral hepatitis. Use #WorldHepatitisDay to join the conversation and spread the word.

Resources

- [World Hepatitis Alliance](#)
- [Centers for Disease Control and Prevention](#)



August



National Breastfeeding Month

Back in 2011, the United States Breastfeeding Committee officially declared August as National Breastfeeding Month. The idea was to protect, promote, and support breastfeeding for mothers everywhere.

Why it Matters: Breastfeeding is healthy for mom and baby. It's also a great time to review rights for nursing women employed by your workplace.

How To Get Involved

- **Keep lactation spaces safe** - Ensure your workplace has comfortable and accessible lactation spaces for employees who are nursing.
- **Inform nursing employees** - Share [resources](#) so employees know their rights.
- **Give thorough training** - Provide HR with your state's laws, regulations, and the company's policies on supporting breastfeeding employees.

Resources

- [U.S. Department of Health & Human Services](#)
- [American Academy of Pediatrics](#)
- [National Breastfeeding Month: A Time to Review Pumping at Work Laws](#)



September



National Cholesterol Education Month

More than 100 million Americans have high cholesterol, which can lead to heart attack, and/or blood clots. Cholesterol is a fat-like substance that can build up in arteries. This leads to limited blood flow or the formation of blood clots. Help educate your employees on this silent killer that can only be [tested via blood](#).

Why it Matters: Annually, an estimated [17.3 million people die](#) from heart disease worldwide. This number is expected to reach 23.3 million by 2030, unfortunately.

How To Get Involved

- Share resources - Throughout the month, pull stats from the [CDC's website](#).
- Host a healthy lunch and learn - Provide heart-friendly and cholesterol-lowering foods. Raffle off heart-healthy cookbooks at the end of it.
- Hold cholesterol quiz contests with prizes - Quiz employees on their cholesterol knowledge and offer gift cards to healthy restaurants or natural food stores.
- Offer a health screening - Host a [biometric screening](#).
- Encourage movement - Physical activity and a healthy diet are part of managing cholesterol. Host fitness and healthy eating challenges this month.

Resources

- [Mayo Clinic](#)
- [American Heart Association](#)



September



National Yoga Awareness Month

Have your employees get excited about downward dogs and cobra poses this month as it's designated as the official month for yoga! The event was founded by a passionate yogi to help "[empower and educate about the health benefits](#) of yoga and conscious living."

Why it Matters: Yoga is known to lower blood pressure, heart rates, and [reduce stress](#). By offering insight into how to do yoga, you give your employees a great stress-relieving tool!

How To Get Involved

- Bring in a certified yogi - Invite a local studio to host a yoga class.
- Share the [benefits of yoga](#) - Offer insight in your newsletters, emails, and on flyers.
- Get discounts - Work with local studios to find free or discounted rates for employees.
- Host a yoga challenge - Set a company-wide challenge to try yoga for 30 minutes X times a week for the month. Ask employees to share experiences at a celebratory lunch at the end of the month.
- Host a yoga-term "bingo" game - At the beginning of the month, use this fun activity to educate employees and build interest. Prizes can include yoga mats, branded water bottles, or other gym swag.

Resources

- [Yoga Journal](#)
- [Medical News Today](#)
- [National Yoga Month: Reap the Mental Benefits of Yoga](#)



September



World Alzheimer's Month

Since 2000, deaths from Alzheimer's have increased by 89 percent and it's the fifth-leading cause of death for those 65 and older. Unfortunately, it's also considered a leading cause of disability and poor health. Typical life expectancy after an Alzheimer's diagnosis is four to eight years. Share resources with employees to help them recognize this disease in themselves or a loved one.

Why it Matters: [Alzheimer's Disease](#) kills more people than breast cancer and prostate cancer combined. An estimated 5.5. million people of all ages are dealing with Alzheimer's.

How To Get Involved

- **Share facts** - You can find details on the Alzheimer's News Today [website](#).
- **Recognize World Alzheimer's Day** - On Sept. 21, share campaign materials to educate your employees. Visit the World Alzheimer's Month site for free materials to share with employees.
- **Offer local insight** - Share local resources for Alzheimer's patients and caregivers.
- **Promote an overall healthy lifestyle** - Doing so can help your workers decrease the risk of Alzheimer's. Heart disease and diabetes are two conditions that [increase risk](#).
- **Encourage healthy eating** - While there isn't hard proof, some studies suggest the [Mediterranean diet may be helpful](#). Host a chef or dietician to present details and serve a Mediterranean lunch.
- **Keeping the brain active is important** - Host a game or puzzle day. Or hold a raffle so employees can win board games, puzzle books, or a half-day off to be spent playing games with family or friends.

Resources

- [Alzheimer's News Today](#)
- [Alzheimer's Foundation of America](#)



October

National Breast Cancer Awareness Month

Perhaps most notable for turning practically every store pink, National Breast Cancer Awareness Month is a great way to share valuable resources with employees. This annual campaign is focused on spreading awareness on this disease that claims 41,000 women's lives each year.

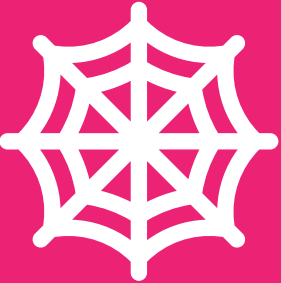
Why it Matters: It impacts both women and men. Sharing details in the workplace can help individuals learn about early detection, education, and the best local support services.

How To Get Involved

- Compile facts + stats - Share [breast cancer facts](#) in employee newsletters.
- Go pink - Host an all-pink day at the office.
- Race for a cure - Have company teams participate in local 5k runs or Relay for Life events.
- Put a pink spin on Halloween - Have a "Pink a Pumpkin" decorating contest.
- Share pink items - Give pink ribbons out for employees to wear or provide magnets for cars.
- Host a mobile mammogram unit - These can come to your worksite for the convenience of your employees.
- Get artsy - Host a company wide "Art Your Bra" auction. Encourage decorated bras to go on display for auction. Funds collected can be given to a local women's cancer center.

Resources

- [National Breast Cancer Foundation, Inc.](#)
- [14 Creative Ways to Promote Breast Cancer Awareness Month at Work](#)



October



World Mental Health Day

Each year this all-important observance is held on Oct. 10. According to the World Health Organization, the objective of this holiday is “raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.”

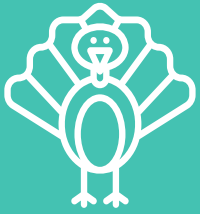
Why it Matters: In the U.S., one in five adults experiences [mental illness](#) every year. Suicide is tied to this, too. Unfortunately, suicide has become the second leading cause of death for those between the ages of 10-34.

How To Get Involved

- Share mental health by the numbers - [NAMI's website](#) is full of helpful information.
- Have personal days - Allow employees to use these at any time, no questions asked.
- Host an HR review day - Have your human resources department go over with employees on how to use benefits such as sick days and vacations.
- Encourage employees to unplug - Let them enjoy weekends and take full lunch breaks.
- Host a wellness day - Focus on relaxation techniques like massage and journaling.
- Offer additional training - Be sure to train managers and HR to recognize and have policies in place for escalation of mental illness situations when needed.

Resources

- [National Alliance on Mental Health \(NAMI\)](#)
- [World Health Organization](#)
- [5 Ways to Fight the Stigma of Mental Illness In the Workplace](#)



November



American Diabetes Month

Unfortunately, diabetes cases are increasing at a rapid rate in America. During [National Diabetes Month](#), you can team up with local health organizations to bring attention to diabetes and the risks to your employees.

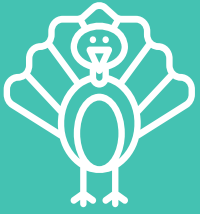
Why it Matters: Diabetes: About 84.1 million have prediabetes, which can turn into diabetes if left untreated. Getting employees the right prevention resources early can cut risk down. Adults with diabetes are almost twice as likely to die from heart disease as people without diabetes.

How To Get Involved

- Share resources - From [Beyond Type 1](#) and the [NIDDK](#) and [facts from the CDC](#).
- Encourage check ups - [Send out reminders](#) for employees to have regular checkups and blood work to stay healthy.
- Talk about diet - Share a [healthy diet plan](#).
- **Bring in outside reinforcement** - [Host a health fair](#) to connect employees to valuable organizations and local resources focused on healthy living.

Resources

- [Health.gov](#)
- [American Diabetes Association](#)
- [How to Plan Your Employee Health Fair From Start to Finish](#)



November



Great American Smokeout

Quitting smoking is tough. Given that more than 34 million Americans still smoke, this day is a great opportunity to talk to employees about quitting. Hosted on the third Thursday in November, this is the perfect chance for employees to start a smoke-free life.

Why it Matters: More than 16 millions Americans have a smoking-related disease. Smoking also causes nearly half a million deaths each year.

How To Get Involved

- **Share resources** - The American Cancer Society has a ton of great resources to share on quitting.
- **Keep easy-to-consume content on hand** - Have printouts and flyers outlining the dangers of smoking and tips to quit.
- **Adjust policies** - Consider becoming a smoke-free building or limiting smoking areas outside of the office.
- **Set up pledge sheets** - Encourage employees to sign a pledge and create a viable plan to quit smoking. Visible sheets can help smokers encourage one another.
- **Share local resources** - Give details of any meetings, clubs, or smoking cessation programs to support employees' efforts to kick the habit.

Resources

- [American Cancer Society](#)
- [Smokefree.gov](#)
- [National Cancer Institute](#)



December



National Influenza Vaccination Week

The first week in December is dedicated to National Influenza Vaccination Week (NIVW). This seven-day awareness campaign focuses on educating the public about the importance of the flu vaccine.

Why it Matters: Since 2010, the CDC estimates the flu has resulted in between 9 million – 45 million illnesses and between 12,000 – 61,000 deaths each year. [While the impact of the flu varies](#), each year it's responsible for major dips in productivity in the workplace.

How To Get Involved

- **Perfect pairing with handwashing** - This event can be tied in with National Handwashing week, which is also in December.
- **Promote flu shots** - Educate and then [host a flu vaccine clinic](#).
- **Provide resources** - [The CDC](#) has a resource library full of content to share with employees via email and newsletters.
- **Ask sick employees to rest** - Encourage employees to stay home if they are sick. Enforce this policy with support from executives.
- **Enforce no-contact rules** - Establish no email or phone call policies when employees are out so they can rest.
- **Encourage best practices** - To prevent the spread of the flu, remind employees to keep up with good habits like frequent handwashing and cleaning surfaces regularly.
- **Stock up on tissues** - Keep tissues handy around the office during flu season.

Resources

- [Centers for Disease Control and Prevention](#)
- [American Academy of Pediatrics](#)



December



National Handwashing Awareness Week

Dec. 2-8

During cold and flu season, [handwashing](#) is especially important. Paired with flu vaccination information, you can create a powerful campaign to drive home the importance of healthy behaviors.

Why it Matters: Regular — and thorough — handwashing can prevent the spread of germs and keep your office healthy. The 30-second handwashing technique is important to know for the flu season.

How To Get Involved

- Share facts from the [CDC's website](#) - Provide the science of handwashing with employees via emails, newsletters, and flyers.
- Display how to do it - Add proper handwashing technique diagrams in restrooms and break rooms as a friendly reminder.
- Offer protection - Provide hand sanitizers to employees.

Resources

- [Centers for Disease Control and Prevention](#)
- [Clean Hands, Clean Office: The Importance of Handwashing at Work](#)

Celebrate All Observances For Year-Round Good Health!

When you celebrate wellness year-round, it encourages employees to live their best lives.

If you observe one of these wellness events every 30 days, each month your employees will gain new knowledge that could improve or even save their life.

Whether you choose to host a single event or provide content all month long, presenting the information in a variety of ways is the best way to reach the most people. Posting flyers, sending emails, hosting workshops, and scheduling speakers are all great ways to get employees engaged.

Here's to good health year-round!

Looking for a way to encourage and track wellness activities year-round? Check out [Beata](#), our all-in-one wellness program designed specifically to help small to medium-sized businesses inspire their employees to live healthier, happier lives. Talk to an expert at TotalWellness to get started and learn more about one of the best wellness options on the market.

Learn More:

TotalWellnessHealth.com

1.888.434.4358

