

2023 Health & Wellness Calendar

People Corporation is proud to offer easy-to-use health promotions tied to specific health risk drivers, provided as part of your People Corporation Wellness Program. Each month, you will receive a *My Wellness Connection* email communication which includes a “Did you know?” poster, a healthy recipe, and a health & wellness spotlight of the month. In addition, targeted initiatives will be provided throughout the year that relate to the monthly theme to further support your employee health & wellness efforts.

Months with a complimentary webinar are indicated with this icon: 

	January	February	March	April	May	June
Health Focus Area	Mental Health: Burnout	Cardiovascular Risk in Women	Nutrition Month 	Wellness in the Workplace: Getting Started	Mental Health: Mental Health Week 	Action Anxiety Day
Topic Description	Burnout is different than just feeling stressed. It's a clinical condition with many types and causes. Resources and information to identify burnout symptoms and counteract its effects and progression will be available.	Heart disease is the number one cause of death for women worldwide. Learn how to manage your risk or the risk of the important women in your life. Find out why female hearts, risk factors, and symptoms are different. Resources will be available providing information highlighting current research and tips on how to reduce risk.	In recognition of Canada's Nutrition Month, this month will offer information on how to maintain a healthy lifestyle and manage diabetes risk factors through proper nutrition. It is important to understand the role that nutrition plays in the overall health and well-being of individuals, particularly for those who are at risk for or have been diagnosed with diabetes or prediabetes. Complimentary webinars will be available to clients of People Corporation and their plan members this month.	Employee well-being is a business strategy that demonstrates improved business outcomes and employee engagement. This Wellness Week package includes ready-to-go health and wellness information and initiatives for plan administrators to share directly with employees.	Promote transparency and ongoing mental health awareness by supporting Mental Health Week. Our complimentary webinar is suitable for all employees and will give tips on how to create a culture supportive of mental hygiene.	30% of Canadians will be diagnosed with anxiety in their lifetime. It is the most common mental health concern among adults, youth, and children. Health content and promotional materials will be available providing information on anxiety symptoms and management tips for different age groups.
	July	August	September	October	November	December
Health Focus Area	Injury Prevention: Concussions	Food Allergy Myths	Cancer Mental Wellness & Flu Prevention	Healthy Workplace Month: Paying it Forward	Diabetes: Taking Control 	Healthy Holidays: Holiday Health Hazards
Topic Description	Concussions don't just happen because of sports. They impact people of all ages and backgrounds. This month, we'll provide resources and tips on causes, symptoms, and prevention.	More than 3 million Canadians report having at least one food allergy. Having the right information about food allergies is the first step to understanding them. Resources this month will include information on different types of food allergies and common misconceptions.	A cancer diagnosis can impact not only one's physical well-being, but also one's emotional wellness. This month, we'll focus on how to manage psychological health through a cancer journey. Additional information will be provided on how to access flu vaccination in your community.	Not only is paying it forward good for your community and workplace, it's also good for your mental and physical health. Resources on how to pay it forward in the workplace will be available, as well as an overview of the benefits to overall health and well-being.	More than 5.7 million Canadians are living with diagnosed diabetes (either type 1 or type 2). Furthermore, almost 6 million Canadians have pre-diabetes. This month, we'll provide information on reducing your risk, as well as expert recommendations on how to manage this condition if you have a diagnosis.	The holidays can be magical, but they can also be a time when our awareness of health and safety can slip. From controlling your alcohol intake to avoiding viruses to holiday injury prevention, we've got you covered. Promotional materials will focus on how to be safe and healthy for the entire season.