

May 2021

Click here to register for our
Health and Wellness
webinars



Click and explore

Simply click on each event within the calendar to find out more

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	1	2
3	4	5 World Hand Hygiene Day	6	7	8 World Ovarian Cancer Day	9
10	11 Webinar: Meditation 12pm	12	13	14	15	16
17 World Hypertension Day Webinar: Stretch and mobility 2pm	18	19	20	21	22	23
24 Webinar: Boost your energy 12pm	25	26	27 Australia's biggest morning tea	28	29	30
31 World No Tobacco Day	1	2	3	4	5	6