


# wellbeing at whittlesea | calendar of events



find your balance

month	wellbeing at whittlesea event	further info	details
FEBRUARY	<b>MEN AT WORK</b> Find out more about cancers affecting men Did you know that prostate and bowel cancer are the most common cancers affecting men. This session is presented by The Cancer Council Victoria.	It will include: <ul style="list-style-type: none"> <li>• Risk and symptoms of cancer</li> <li>• Prevention of cancer</li> <li>• Personal health strategies</li> <li>• Health resources</li> </ul>	When: Thursday 14 February Where: Fountain View Room Time: 12-1pm
	<b>WOMEN'S HEALTH IN THE WORKPLACE</b> Learn more about cancers affecting women An opportunity to be well informed about breast and cervical cancer. This session is presented by The Cancer Council Victoria.	It will include: <ul style="list-style-type: none"> <li>• Risk and symptoms of cancer</li> <li>• Prevention of cancer</li> <li>• Personal health strategies</li> <li>• Health resources</li> </ul>	When: Thursday 21 February Where: Fountain View Room Time: 12.30-1.30pm
	<b>THERAPEUTIC 20 MINUTE MASSAGE</b>	From Thursday 7 February at the Depot From Thursday 14 February at the Civic Centre	
MARCH	<b>WOMEN'S HEALTH AND WELLBEING SESSION</b> This session is presented by the Jean Hailes Foundation for Women's Health. Followed by an informal 15 minute talk about Pap screenings by a Plenty Valley Community Health Nurse. You will also get the opportunity to book in an appointment with the nurse for a screening at PVCH in Epping at a time that is suitable for you.	Includes information on: <ul style="list-style-type: none"> <li>• Healthy lifestyles</li> <li>• General health screening</li> </ul> PLEASE NOTE: <i>This session is part of Council's Active Women's Week program in celebration and awareness of International Women's Day. The session will be open to all women in the community. Light refreshments will be included. R.S.V.P. essential.</i>	When: Tuesday 4 March Where: Fountain View Room Time: 12.30-1.30pm
	<b>WORKPLACE VACCINATIONS</b> Details to be confirmed		
	<b>STEP TOWARDS BETTER HEALTH: PEDOMETER WORKSHOP</b> This fun and interactive 30 minute workshop will show you how using a pedometer in your daily and exercise routine can be motivating, challenging and help you on your way to your 10,000 steps a day.	You'll learn about: <ul style="list-style-type: none"> <li>• Why walking is a great form of exercise</li> <li>• Setting goals</li> <li>• Making walking fun</li> <li>• 'Step' opportunities during your normal daily routine - including whilst at work</li> <li>• Getting the whole family involved and much more!</li> </ul>	When: Thursday 11 March Where: Fountain View Room Time: 12.30-1pm
APRIL	<b>WELLBEING AT WHITTLESEA AWARD</b> The Health and Wellbeing Awards recognise City of Whittlesea staff who have shown dedication and persistence improving in their health and wellbeing through Council's Organisational Health Program, <i>Wellbeing at Whittlesea</i> , or other initiatives. To get a copy of the nomination form and guidelines to nominate a fellow worthy staff member contact Council's Health Promotion Officer.		
	<b>HEALTHY LUNCHBOX DEMONSTRATION: FOR YOU AND YOUR KIDS!</b>	This workshop will involve the demonstration of health lunchbox ideas for your kids and you that are easy and taste great. There will also be a brief presentation on Taste testing on day.	When: Thursday 15 May Where: Fountain View Room Time: 12.30-1.30pm
JUNE	<b>PARENTING IN THE 21<sup>ST</sup> CENTURY: BALANCING FAMILY LIFE</b> Presenter: Pat Jewell, Parenting Australia	Parents in our society have huge pressures to be the "perfect" parent. Often the experts cannot agree on what is best for the child, leaving parents unsure of how they should be parenting their children. This workshop will look at the pressures on parents, how to feel confident in the parenting role, enjoying parenting and having fun with children.	<i>Details to be confirmed</i>

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JULY	INFORMATION SESSIONS ON OFFICE ERGONOMICS		<i>Details to be confirmed</i>
JULY	ERGONOMIC ASSESSMENT OF OFFICE WORKSTATIONS		<i>Details to be confirmed</i>
AUGUST	STRESSED OUT? HELPING FAMILIES MANAGE STRESS Presenter: Dr Susana Gavidia-Payne	Stress impacts on parenting, as well as relationships with other people. This workshop discusses how to help parents to manage stress, including recognising signs of stress and a range of strategies to help parents to manage their stress in various situations.	<i>Details to be confirmed</i>
SEPTEMBER	HEALTHY QUICK AND SIMPLE DINNERS COOKING DEMONSTRATION		When: Thursday 15 May Where: Fountain View Room Time: 12.30-1.30pm
	STEP TOWARDS BETTER HEALTH: PEDOMETER WORKSHOP This fun and interactive 30 minute workshop will show you how using a pedometer in your daily and exercise routine can be motivating, challenging and help you on your way to your 10,000 steps a day.	You'll learn about: <ul style="list-style-type: none"> <li>• Why walking is a great form of exercise</li> <li>• Setting goals</li> <li>• Making walking fun</li> <li>• 'Step' opportunities during your normal daily routine - including whilst at work</li> <li>• Getting the whole family involved and much more!</li> </ul>	When: Tuesday 16 September Where: Fountain View Room Time: 12.30-1.30pm
OCTOBER	BEYONDBLUE: THE NATIONAL DEPRESSION INITIATIVE Will present two sessions one at the Civic Centre and one at the Depot on Opening our eyes to the most common mental health problems In the workplace. This session is designed to increase the awareness of the general staff of the most common mental health problems in Australia and their impact on the workplace.	It will include information on: <ul style="list-style-type: none"> <li>• What are depression and related disorders and how common are they in Australia?</li> <li>• What is it like to live with depression?</li> <li>• What causes depression and how can it be effectively treated?</li> <li>• Why should we talk about these issues in the workplace?</li> <li>• What resources are available to assist with these issues?</li> </ul>	SESSION ONE When: Thursday 8 October Where: Fountain View Room Time: 12.30-1.30pm  SESSION TWO When: Thursday 9 October Where: Fountain View Room Time: 11am-12 noon
	HEALTHY AND SUSTAINABLE TRANSPORT BREAKFAST Travel to work in sustainable ways: Walk, Skate, Cycle, Carpool, Train, Tram or Bus to work.		When: Wednesday 15 October (National Ride to Work Day) Where: Terrace Time: 7.30am-8.30am
	SKIN CANCER "SPOT CHECKS"		<i>Details to be confirmed</i>
NOVEMBER	WELLBEING AT WHITTLESEA AWARD The Health and Wellbeing Awards recognise City of Whittlesea staff who have shown dedication and persistence improving in their health and wellbeing through Council's Organisational Health Program, <i>Wellbeing at Whittlesea</i> , or other initiatives. To get a copy of the nomination form and guidelines to nominate a fellow worthy staff member contact Council's Health Promotion Officer.		
	MEADOWGLEN YMCA FUN RUN, WALK AND GIFT Subsidised registration fees through Wellbeing at Whittlesea sponsorship initiative are offered.	Other events include the Northern Skate and BMX Titles, Youth Awesome Art Show, stalls and lots more - make it a day for the whole family! Proceeds to be donated to The Northern Hospital	<i>Details to be confirmed</i> Please contact Leisure Services & Planning on ext: 2300
DECEMBER	ALCOHOL AND DRUG AWARENESS SESSION		<i>Details to be confirmed</i>
	PRACTICAL STRATEGIES TO PREVENT AND DEAL WITH DIFFICULT BEHAVIOURS Presenter: Dr Susana Gavidia-Payne	A workshop to discuss practical ways to work with children, in a range of settings, with difficult behaviours. The session will cover the importance of understanding why children behave the way they do and how to use strategies to prevent and manage difficult behaviours.	<i>Details to be confirmed</i>