



## HEALTHBAY AWARENESS CALENDAR

MONTH	AWARENESS THEME	HEALTHBAY BRANCHES			
		Specialty Care (Verve Villas)	Community Care (Motor City)	Women's Care Center	Day Surgery Center
FEBRUARY	Dietary advice Ergonomics Health & Wellness such as healthy lifestyle and nutrition, good sleeping habits Mental Health Awareness	✓ ✓ ✓ ✓			
MARCH	Breast cancer awareness Ergonomics Heart Health Awareness How to shop healthy Intermittent fasting and Ramadan is opportunity to practice healthy fasting. The importance of smear test/breast screening	✓ ✓ ✓ ✓ ✓ ✓		✓	
APRIL	Children's Nutrition, Fasting, Pregnancy Ergonomics Fasting and the effects on the body General Nutrition Intermittent Fasting Mental Health Awareness Ramadan health tips	✓ ✓ ✓ ✓ ✓ ✓ ✓			
MAY	Beat the Heat / Stay hydrated Dietician talk with useful tips for Ramadan Ergonomics General Nutrition Heart Health Awareness Skin Cancer Awareness - Mole Mapping Stress management World No Tobacco Day	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓    ✓	✓	
JUNE	Climate change and health How to shop healthy at the supermarket Skin Cancer Awareness - Mole Mapping	✓ ✓ ✓		✓	
JULY	General Nutrition & IBS Health Coach and Performance Psychology How to shop healthy at the supermarket/food labels Skin Cancer Awareness - Mole Mapping	✓ ✓ ✓ ✓		✓	
AUGUST	Climate change and health How to shop healthy at the supermarket Skin Cancer Awareness - Mole Mapping Stress management	✓ ✓ ✓ ✓		✓	
SEPTEMBER	General Nutrition and How to Shop Healthy at a Supermarket General Nutrition and Intermittent fasting Stress management	✓ ✓ ✓			
OCTOBER	Breast cancer awareness Cervical Cancer Awareness Ergonomics Flu Vaccine Webinar   Clinic Flu Vaccine Event Liver Disease Wellness check + GP consult	✓ ✓ ✓ ✓ ✓ ✓	✓ ✓	✓ ✓	
NOVEMBER	Breast cancer awareness Fertility Heart Health Awareness Heart Health Awareness and Diabetes Prostate Cancer Awareness Prostate/ Testicular Cancer Awareness	✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓	✓ ✓	
DECEMBER	Prostate Cancer Awareness	✓	✓		
All Year	Onsite   Offsite Wellness Health Check Training Session - Emergency Medical Handling Egg Freezing* Endometriosis* Diminished egg reserve* Teeth grinding and stress related bruxism What can you expect from root canal treated tooth, how long will they stay in the mouth Teeth whitening, are there any consequences for your teeth	✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓	✓ ✓	✓ ✓	✓ ✓ ✓

The health awareness presentation can be scheduled either on-site or online, based on the doctor's availability. Free medical check-ups, such as RBS (Random Blood Sugar), BP (Blood Pressure), and BMI (Body Mass Index), can be offered as part of the event. These check-ups can be tailored to meet the specific requirements of the corporate organization.