



**Healthy Workforce**

Ireland

Work Life Balance

# Healthy Workforce 2018

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Work Life Balance - Your Health is Your Wealth





**HealthyWorkforce**  
Ireland

Movers & Shakers



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 New Years Day Dry January	2	3	4	5	6 Operation Transformation Croke Park Event <hr/> Park Runs 9.30am
7	8	9	10	11	12	13 Operation Transformation Walks Nationwide <hr/> Park Runs 9.30am
14	15	16	17	18	19	20 Park Runs 9.30am
21	22	23	24	25	26	27 Where's your head at? - Mountain climbing talk. Park Runs 9.30am
28 Charity Mountain Bike Ride Wicklow in aid of Cancer Research	29 European Cervical Cancer Prevention Week	30 European Cervical Cancer Prevention Week	31 European Cervical Cancer Prevention Week	1	2	3

December 2017

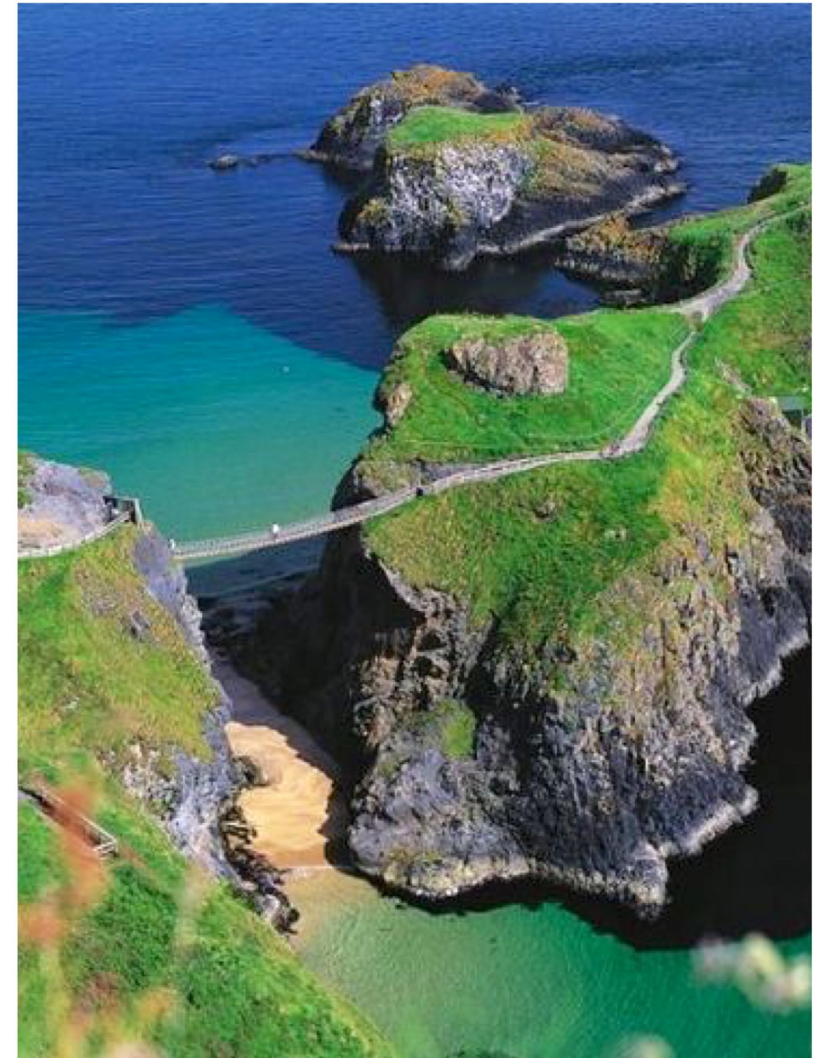
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February 2018

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# January 2018





Challenge, Walk the Carrick a Reade Rope Bridge in Antrim  
Challenge, organise a Healthy Food Demo with Family and Friends  
Challenge, book an active holiday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 European Cervical Cancer Prevention Week	2 European Cervical Cancer Prevention Week	3 RBS Six Nations Ireland v France  Park Runs 9.30am
4 World Cancer Awareness Day WHO	5	6	7	8	9 Winter Olympics South Korea until 25 February	10 RBS Six Nations Ireland v Italy Park Runs 9.30am
11	12 International Epilepsy Awareness Day	13 Shrove Tuesday - Healthy Pancake Tuesday	14 Ash Wednesday  National No Smoke Day - see Quit.ie	15	16 Chinese New Year	17 Park Runs 9.30am
18	19	20	21	22	23	24 Operation Transformation 5km Phoenix Park  RBS -Six Nations Ireland v Wales
25	26	27	28	1	2	3

January 2018

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March 2018

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# February 2018





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	1	2	3 Park Runs 9.30am
4	5	6	7	8 UN International Women's Day World Kidney Day	9 Winter Paralympics until 18 March	10 RBS Six Nation Ireland v Scotland Park Runs 9.30am
11 Mothers Day	12 National Brain Awareness Week	13	14	15	16	17 St. Patricks Day RBS Six Nations Ireland v England All Ireland Club Championship
18 Tralee International Marathon	19 UN International Day of Happiness World Oral Health Day	20	21	22	23 Daffodil Day Irish Cancer Mountaineering Ireland Spring Gathering	24 Stephen Roche Atlantic Challenge Cycle Park Runs 9.30am
25	26	27	28	29	30 Good Friday	31 Easter Saturday Park Runs 9.30am

February 2018

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April 2018

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29	30					

# March 2018



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Your Health is Your Wealth



Challenge, do a free Park Run every Saturday for the Month of April  
Challenge, organise a healthy work event



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter Sunday	2 Easter Monday	3	4	5 The Masters Golf until 8 April	6	7 World Health Day UN & WHO  Park Runs 9.30am
8	9	10	11	12	13 University Championships Rowing	14 Skibbereen Regatta  Park Runs 9.30am
15 Skibbereen Regatta	16	17	18	19	20 Wild Atlantic Way Sportive Cycle Until 8 May	21 Royal Canal Run Longford  Trinity Regatta Islandbridge Dublin
22 London Marathon	23	24 World Immunisation Week WHO Until 30 April	25	26	27	28 Limerick Regatta Night Rider Sportif  World Safety and Health at Work UN
29	30	1	2	3	4	5

March 2018

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25	26	27	28	29	30	31

May 2018

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20	21	22	23	24	25	26
27	28	29	30	31		

# April 2018



Challenge, Bike to Work  
Challenge, swim every weekend  
Challenge, complete a mini triathlon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 World Asthma Day	2	3	4	5 Kinsale Rugby 7s Festival  World Hand Hygiene Day
6 Kinsale Rugby 7s Festival  Great Limerick Run	7 Belfast Marathon  May Bank Holiday	8	9	10	11	12 Park Runs 9.30am
13	14	15	16	17	18	19 Coast to Coast Sportive FA Cup Final Park Runs 9.30am
20 Coast to Coast Sportive	21	22	23	24	25 Aldi Community Games National Festival, University of Limerick	26 Carlingford 300 Cycle / Clare Burren Marathon / Ring of Beara Cycle, Kenmare
27 French Open until 10 June	28	29	30 World MS Day	31 World No Tobacco Day WHO  Bloom in Phoenix Park until 4 June	1	2

April 2018

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29	30					

June 2018

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

# May 2018



# Healthy Workforce

Ireland

## Work Life Balance





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2 Park Runs 9.30am
3 Cork City Marathon / VHI Women's Mini Marathon / Walled City Marathon Derry	4 June Bank Holiday	5	6	7	8	9 National Bicycle Week  Rugby Test: Australia v Ireland
10 The D-Day Landings Marathon France  Wexford Marathon	11 Men's Health Week until 17 June	12	13	14 World Blood Donor Day WHO World Cup until 15 July US Open Golf until 17 June	15 Taste of Dublin (14-17 of June)	16 Athlone Regatta Blooms Day Festival Rugby Test: Australia v Ireland
17 Colour Dash Run Phoenix Park TBC Galway Regatta Fathers Day	18	19	20	21 Dublin LGBTQ Pride Until 30 June	22 Sea Sessions Music Festival Bundoran Donegal until 24 June	23 Park Runs 9.30am
24 Cork Regatta	25	26 Dublin Metropolitan Regatta	27	28	29	30 Park Runs 9.30am

May 2018

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27	28	29	30	31		

July 2018

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22	23	24	25	26	27	28
29	30	31				

# June 2018



Challenge, take part in a park yoga and bring a friend or family member  
Challenge, climb a well know mountain trail  
Challenge, volunteer your time to a wellbeing initiative or local sports club



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Wimbledon until 15 July	3	4	5	6 Irish Golf Open until 8 July	7 The Ring of Kerry Charity Cycle  Tour de France until 29 July
8	9	10	11	12	13 Irish Rowing Championships until 15 July	14 The Emerald Isle 3100 km Cycle until 30 July  Park Runs 9.30am
15	16 Galway International Arts Festival until 29 July	17	18	19 British Golf Open until 22 July	20	21 Park Runs 9.30am  Galway Bay Swim Frances Thornton Memorial 10.5km
22	23	24	25	26	27	28 World Hepatitis Day  Park Runs 9.30am
29	30	31	1	2	3	4

June 2018

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24	25	26	27	28	29	30

August 2018

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# July 2018





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 World Breastfeeding Week	2	3	4 Park Runs 9.30am
5	6 August Bank Holiday	7	8	9	10	11 Park Runs 9.30am
12 Fleadh Cheoil na hÉireann until 19 August Drogheda	13	14	15	16 US PGA Golf until 19 August  The Big Grill Dublin	17 The Big Grill Dublin	18 Park Runs 9.30am  The Big Grill Dublin
19 All Ireland Hurling Final  Iron Man	20	21	22	23	24	25 Achill B2B  Park Runs 9.30am
26 Achill B2B	27	28	29	30	31	1

July 2018

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22	23	24	25	26	27	28
29	30	31				

September 2018

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23	24	25	26	27	28	29
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# August 2018



Challenge, go to a boxing or tennis class  
Challenge, complete 10 burpees once a week  
Challenge, stretch each week



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>August 2018</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>	<p>October 2018</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	28	29	30	31	<p>1</p> <p>Electric Picnic</p> <p>Dingle Marathon</p> <p>Park Runs 9.30am</p>
<p>2</p> <p>Electric Picnic</p> <p>All Ireland Football Final</p>	<p>3</p> <p>Electric Picnic</p>	4	5	6	7	<p>8</p> <p>Park Runs 9.30am</p>
<p>9</p>	<p>10</p> <p>World Suicide Awareness Day</p>	11	12	13	14	<p>15</p> <p>Park Runs 9.30am</p>
<p>16</p> <p>Berlin Marathon</p>	17	<p>18</p> <p>National Ploughing Championships, Tullamore</p>	<p>19</p> <p>National Ploughing Championships, Tullamore</p>	<p>20</p> <p>National Ploughing Championships, Tullamore</p>	21	<p>22</p> <p>Park Runs 9.30am</p>
<p>23</p> <p>European Week of Sport until 30 September</p> <p>Great Dublin Bike Ride</p>	24	25	26	27	<p>28</p> <p>National Fitness Day</p> <p>Ryder Cup 2018 until 30 September</p>	<p>29</p> <p>#BeActive Nights</p> <p>Park Runs 9.30am</p> <p>Galway Oyster Festival</p>
<p>30</p> <p>Family Sportsfest</p>	1	2				

# September 2018







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Breast Cancer Awareness month Pink Ribbon	2	3	4	5	6 Galway Bay Marathon  Park Runs 9.30am
7	8	9	10 World Mental Health Day	11 World Sight Day	12	13 Park Runs 9.30am
14	15	16	17	18	19	20 Park Runs 9.30am
21	22	23	24	25	26 Cork jazz festival until 29 October	27 Park Runs 9.30am  Virginia Pumpkin Festival Cavan
28 Dublin Marathon  Virginia Pumpkin Festival Cavan	29 October Bank Holiday Virginia Pumpkin Festival Cavan	30	31 Halloween	1	2	3

September 2018

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23	24	25	26	27	28	29
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November 2018

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# October 2018



Challenge, go to a county in Ireland you have not been to for a walking trail  
Challenge, take 2 & half litres of water a day  
Challenge, set a plan to complete your first 5km or first marathon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Movember until 30 of November	2	3 Park Runs 9.30am
4	5	6	7	8	9	10 Park Runs 9.30am
11 Remembrance Day Marathon Centenary Special 2018	12	13	14 World COPD Day World Diabetes Day	15	16	17 Park Runs 9.30am
18	19 EU Action on Alcohol Week Theme: Alcohol and The Family until 23 October	20	21	22	23	24 Park Runs 9.30am
25	26	27	28	29	30	1

October 2018

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21	22	23	24	25	26	27
28	29	30	31			

December 2018

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# November 2018





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>November 2018</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>	<p>January 2019</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31</p>	27	28	29	30	1 World AIDS Day
2	3 International Day of People with Disabilities	4	5 International Volunteer Day	6	7	8 Park Runs 9.30am
9	10	11	12	13	14	15 Park Runs 9.30am
16	17	18	19	20	21	22 Park Runs 9.30am
23	24 Christmas Eve	25 Christmas Day  Annual Christmas Day swim	26 St Stephens Day	27	28	29 Park Runs 9.30am
30	31 New Years Eve	1				

# December 2018

