

Employee Health Awareness Calendar



JANUARY 2022

Wellness Days

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Year's Day
2 Tweede Nuwe Jaar	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

1 Dec to 31 Jan SunSmart Skin Cancer Awareness Month

4 Jan – World Braille Day
30 Jan – World Leprosy Day



Employee Wellness Consultant
and Specialist Trainer
Mobile: +27 (82) 453-0560
E-mail: albrand@iafrica.com or
alan.brand@positivelyalive.co.za
Website: www.positivelyalive.co.za

Positively Alive - Motivational Quotes:
“For last year’s words belong to last year’s
language and next year’s words await another
voice.” – T.S. Eliot, *Four Quartets*



FEBRUARY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Wellness Days

Healthy Lifestyle Awareness Month
Environmental Awareness Month

04 Feb – World Cancer Day
 14 Feb – International Epilepsy Day
 8 to 14 Feb – National Epilepsy Week
 10-16 Feb - STIs/Condom Week
 10-16 Feb – Pregnancy Awareness Week
 16 Feb – Healthy Lifestyles Awareness Day
 2 Feb to 31 Mar – HPV Vaccination first round



Employee Wellness Consultant and Specialist Trainer
 Mobile: +27 (82) 453-0560
 E-mail: albrand@iafrica.com or alan.brand@positivelyalive.co.za
 Website: www.positivelyalive.co.za



Positively Alive - Motivational Quotes:
"Sometimes life's shadows are caused by our standing in our own sunshine" - Ralph Waldo Emerson



MARCH 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Human Rights Day	22	23	24	25	26 Earth Hour
27	28	29	30	31		

Wellness Days

TB Awareness Month

03 Mar – World Hearing Day
 04 Mar – World Obesity Day
 08 Mar – International Women's Day
 10 Mar – World Kidney Day
 6 to 12 Mar – World Glaucoma Week
 14 to 20 Mar – World Salt Awareness Week
 21 Mar – World Down Syndrome Day
 22 Mar – World Water Day
 24 Mar – World TB Day



Employee Wellness Consultant and Specialist Trainer
 Mobile: +27 (82) 453-0560
 E-mail: albrand@iafrica.com or alan.brand@positivelyalive.co.za
 Website: www.positivelyalive.co.za



Positively Alive - Motivational Quotes:
"Feeling guilty is a learned response. You've been told to feel guilty about yourself for things you did before you could do anything"- Neale Donald Walsch



APRIL 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Good Friday	16 Holy Saturday
17 Easter Sunday	18 Family Day	19	20	21	22	23
24	25	26	27 Freedom Day	28	29	30

Wellness Days

Health Awareness Month

02 Apr – World Autism Awareness Day
 07 Apr – World Health Day
 17 Apr – World Haemophilia Day
 24 to 30 Apr – African vaccination Week
 25 Apr – World Malaria Day
 28 Apr – World Day for Safety and Health at Work



Employee Wellness Consultant and Specialist Trainer
 Mobile: +27 (82) 453-0560
 E-mail: albrand@iafrica.com or alan.brand@positivelyalive.co.za
 Website: www.positivelyalive.co.za



Positively Alive - Motivational Quotes:
 "All that we are is the result of what we have thought"- Buddha



MAY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Workers Day	2 Workers Day – Public Holiday	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Wellness Days

Anti-Tobacco Campaign Month

1 to 7 May – Hospice Week
 05 May – World Hand Hygiene Day
 05 May – International Midwives Day
 6 to 12 May – National Burns Awareness Week
 06 May – World Red Cross Day
 10 May – Global Move for Health Day
 12 May – International Nurses Day
 17 May – World Hypertension Day
 31 May – World No Tobacco Day



Employee Wellness Consultant and Specialist Trainer
 Mobile: +27 (82) 453-0560
 E-mail: albrand@iafrica.com or alan.brand@positivelyalive.co.za



Positively Alive - Motivational Quotes:
"It is hard to fight an enemy who has put obstructions in your head" - Dianne Lang



JUNE 2022

Wellness Days

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Youth Day	17	18
19 Father's Day	20	21	22	23	24	25
26	27	28	29	30		

Men's Health Awareness Month National Youth Month

1 Jun – International Children's Day
 5 Jun – International Cancer Survivor's Day
 7 to 13 Jun - World Heart Rhythm Week
 05 Jun – World Environment Day
 14 Jun – World Blood Donor Day
 20 to 26 Jun – SANCA Drug Awareness Week
 25 Jun – World Vitiligo Day
 26 Jun – International Day against Drug Abuse and Illicit Drug Trafficking

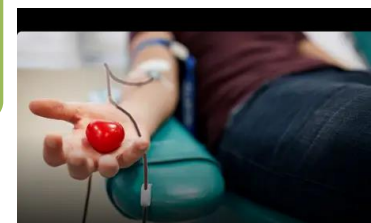


Employee Wellness Consultant and Specialist Trainer
 Mobile: +27 (82) 453-0560
 E-mail: albrand@iafrica.com or alan.brand@positivelyalive.co.za
 Website: www.positivelyalive.co.za

JUNE is
MEN'S HEALTH
 MONTH



Positively Alive - Motivational Quotes:
 "To change the printout of the body, you must learn to rewrite the software of the mind" –
 Deepak Chopra



heart
RHYTHM
 week

JULY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Nelson Mandela Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

Wellness Days

Mental Health Awareness Month

4 to 8 Jul – Corporate Wellness Week

11 Jul – World Population Day

28 Jul – World Hepatitis Day

18 July – Nelson Mandela Day

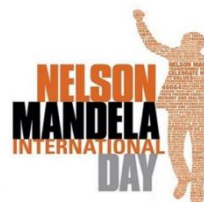


Employee Wellness Consultant
and Specialist Trainer
Mobile: +27 (82) 453-0560
E-mail: albrand@iafrica.com or
alan.brand@positivelyalive.co.za
Website: www.positivelyalive.co.za



Positively Alive - Motivational Quotes:
*"That's something I've learnt about food:
 whenever there's a crisis, if you can get people
 to eating normally, things get better."* - Madeleine
 L'Engle

18th July



AUGUST 2022

Wellness Days

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 National Women's Day	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**National Women's Month
Bone Marrow Stem Cell and
Leukemia Awareness Month (15
Aug to 15 Oct)**

1 to 7 Aug – World Breastfeeding Week

1 to 7 Aug Rheumatic Fever and Rheumatic Heart Disease Awareness Week

7 to 13 Aug Polio Awareness Week

12 Aug – International Youth Day

26 – 31 Aug – African Traditional Medicine Week

31 Aug – African Traditional Medicine Day



POSITIVELY ALIVE

Employee Wellness Consultant and Specialist Trainer

Mobile: +27 (82) 453-0560

E-mail: albrand@iafrica.com or

alan.brand@positivelyalive.co.za

Website: www.positivelyalive.co.za



Positively Alive - Motivational Quotes:
"The 'biggest disease today is not leprosy or tuberculosis but rather the feeling of being unwanted, uncared for and deserted by everybody" – Mother Teresa



SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Heritage Day
25	26	27	28	29	30	

Wellness Days

Heart Awareness Month National Oral Health Month

1 Sep to 31 Oct - HPV Vaccination second round
 5 to 9 Sep – National kidney Awareness Week
 9 Sep – International Foetal Alcohol Syndrome Day
 10 Sep – International Gynecological Health Day
 16 Sep – Sunflower Day
 19 to 25 Sep – World Retina Week
 21 Sep – World Alzheimer's Day
 25 Sep – World Pharmacist Day
 26 Sep – World Environmental Health Day
 26 Sep – World Contraception Day
 28 Sep – World Rabies Day
 29 Sep – World Heart Day



Positively Alive - Motivational Quotes:
"I will write myself into well-being"- Nancy Mair



OCTOBER 2022

Wellness Days

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	31					

Breast Cancer Awareness Month Mental Health Awareness Month

1 Oct – International Day of Older Persons
 4 to 8 Oct – Back Care Awareness Week
 8 Oct – World Hospice and Palliative Care Day
 9 to 15 Oct – National Nutrition Week
 10 Oct – World Mental Health Day
 12 Oct – World Arthritis Day
 12 to 20 Oct – World Bone and Joint Week
 13 Oct – International Day for Natural Disaster Reduction
 13 Oct – World Sight Day
 15 Oct – Global Hand Washing Day
 16 Oct – World Spine Day
 17 Oct – World Trauma Day
 20 Oct – World Down Syndrome Day
 24 Oct World Polio Day
 23 to 29 Oct – International Lead Poisoning Prevention Week
 28 Oct to 3 Nov – National Stroke Week
 29 Oct - World Stroke Day



Positively Alive - Motivational Quotes:

"You don't get to choose how you're going to die. Or when. You can only decide how you are going to live. Now." -
 Joan Baez



Employee Wellness Consultant and
 Specialist Trainer
 Mobile: +27 (82) 453-0560
 E-mail: albrand@iafrica.com or
 alan.brand@positivelyalive.co.za
 Website: www.positivelyalive.co.za

NOVEMBER 2022

Wellness Days

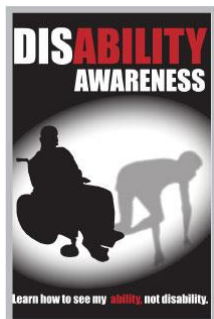
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Red Ribbon Month Disability Rights Awareness Month (3 Nov to 3 Dec)

5 Nov – National Children's Day
 6 Nov – SADC Malaria Day
 10 Nov – World Quality Day
 14 Nov – World Diabetes Day
 18 to 24 Nov – World Antimicrobial Awareness Week
 25 Nov – International Day for the Elimination of Violence against Women
 25 Nov to 10 Dec – 16 Days of Activism for No Violence against Women and Children



Employee Wellness Consultant and Specialist Trainer
 Mobile: +27 (82) 453-0560
 E-mail: albrand@iafrica.com or alan.brand@positivelyalive.co.za
 Website: www.positivelyalive.co.za



Positively Alive - Motivational Quotes:
"There is no greater disability in society, than the inability to see a person as more" – Robert M Hensel



DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16 Day of Reconciliation	17
18	19	20	21	22	23	24 Christmas Eve
25 Christmas Day	26 Day of Goodwill	27	28	29	30	31 New Year's Eve

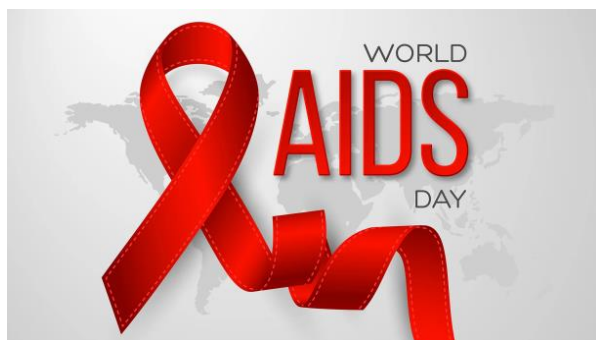
Wellness Days

Prevention of Injuries Month
SunSmart Skin Cancer Awareness
Month (1 Dec to 31 Jan)

1 Dec – World AIDS Day
3 Dec – International Day of
Persons with Disabilities
5 Dec – International Volunteer Day
10 Dec – International Human
Rights Day
12 Dec – Universal Health Coverage
Day

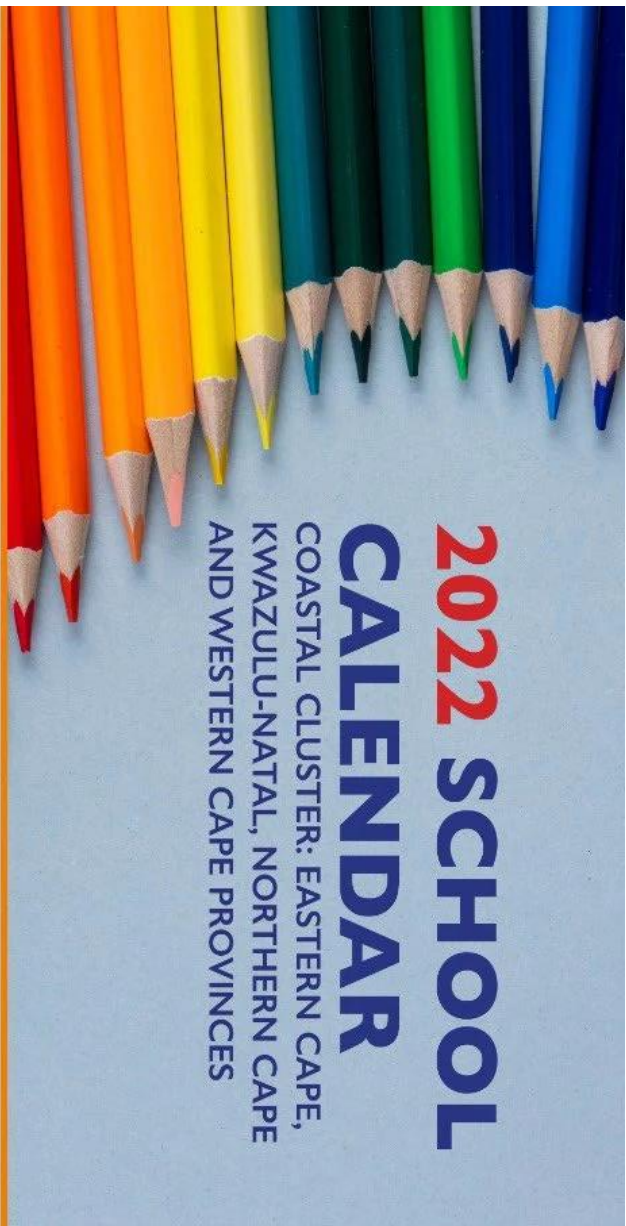


Employee Wellness Consultant and
Specialist Trainer
Mobile: +27 (82) 453-0560
E-mail: albrand@iafrica.com or
alan.brand@positivelyalive.co.za
Website: www.positivelyalive.co.za



Positively Alive - Motivational Quotes:
*"When I was well, I was actually ill within.
 Now that I have HIV, I am truly well
 within". - Alan Brand*





2022 SCHOOL CALENDAR

COASTAL CLUSTER: EASTERN CAPE,
KWAZULU-NATAL, NORTHERN CAPE
AND WESTERN CAPE PROVINCES



basic education
Department of Education
REPUBLIC OF SOUTH AFRICA



January 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

May 2022						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

July 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August 2022						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

October 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

December 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Duration	No. of weeks	No. of days	No. of public holidays	Actual no. of school days
(17) 19 January - 25 March	10	48 (50)	1	47 (49)
05 April - 24 June	12	59	5+1	53
19 July - 30 September	11	54	1+1	52
11 October - 14 December (15) December	10	47 (48)	0	47 (48)
Total	43	208 (211)	7+2	199 (202)



SERVICES SETA
Accreditation No: 13392

Health and Wellness Training Courses, Available through Positively Alive



COVID-19 Workplace Compliance Training

Category: Employee Wellness Training

Target market: 3 Modules Available (Employees, Employers & Compliance Officers)

Duration: 3- 4 Hours each

- SAIOSH CPD Accredited Training
- On-site or virtual options available.
- Outcomes based learning.
- Certificate of Attendance Issued

Contact Positively Alive: for additional information, module outline & to obtain a quotation.

E-mail: alan.brand@positivelyalive.co.za

Mobile: +27 82 453-0560

Website: www.positivelyalive.co.za



SERVICES SETA
Accreditation No: 13392



Employee Wellness Consultant, Accredited Specialist Health and Wellness Training Provider, HIV Motivational Speaker + Author

Champions of Wellness Learner ship Programme

Category: Employee Wellness Training

Target market: All levels - Wellness Teams, Peer educators, HR

4 Modules Available: Employee Wellness Champions, Champions of Life, Championing Wellness Transformation, Wellness Champions Mentorship

Duration: 3Days each

Employee wellness



- SETA Accredited Training Provider
- On-site or virtual options available.
- Outcomes based learning.
- Monitoring & Evaluation – Portfolio of Evidence
- Certificate of Competency Issued

Contact Positively Alive: for additional information, module outlines & to obtain a quotation.

E-mail: alan.brand@positivelyalive.co.za

Mobile: +27 82 453-0560

Website: www.positivelyalive.co.za





SERVICES SETA
Accreditation No: 13392

Health and Wellness Training Courses, Available through Positively Alive



SERVICES SETA
Accreditation No: 13392



POSITIVELY ALIVE

Employee Wellness Consultant, Accredited Specialist Health and Wellness Training
Provider, HIV Motivational Speaker + Author

HIV & AIDS Awareness Training

Category: Employee Wellness Training

Target market: All employees at all levels

Duration: 1 full day



- **SETA Accredited** Training Facilitator
- **On-site or virtual** options available.
- **Outcomes based** learning.
- **Portfolio of evidence – Monitoring and evaluation.** – Competency Certificated

Contact Positively Alive: for additional information, module outline & to obtain a quotation.

E-mail: alan.brand@positivelyalive.co.za

Mobile: +27 82 453-0560

Website: www.positivelyalive.co.za



SERVICES SETA
Accreditation No: 13392



POSITIVELY ALIVE

Employee Wellness Consultant, Accredited Specialist Health and Wellness Training
Provider, HIV Motivational Speaker + Author

HIV & AIDS Peer Educator Training



Category: Employee Wellness Training

Target market: All levels - Wellness Teams, Peer educators, Wellness champions, HR practitioners,

Entry Level Requirement: HIV & AIDS Awareness Training (1 Day)

Duration: 2-3Days

- **On-site or virtual** options available.
- **Outcomes based** learning.
- **Monitoring & Evaluation** – Portfolio of Evidence
- **Certificate of Competency** Issued

Contact Positively Alive: for additional information, module outlines & to obtain a quotation.

E-mail: alan.brand@positivelyalive.co.za

Mobile: +27 82 453-0560

Website: www.positivelyalive.co.za



SERVICES SETA
Accreditation No: 13392

Health and Wellness Training Courses, Available through Positively Alive



SERVICES SETA
Accreditation No: 13392

Employee Wellness Consultant, Accredited Specialist Health and Wellness Training Provider, HIV Motivational Speaker + Author

Psycho-social Counselling Skills

Category: Employee Health and Wellness Training

Target Market: HIV/AIDS Peer Educators, Champions of Wellness, Community Workers and Care Givers.

Duration: (3) Three full days.

Training Objectives: The aim of this training program is:

- To provide delegates with psycho-social counselling skills.
- To equip the delegate with the ability to help their clients deal with personal issues within the context of the realities they find themselves in.

- SAQA Unit Standard Aligned
- On site or Virtual options
- Outcomes based learning
- Monitoring and Evaluation
- Portfolio of evidence -
- Competency certificate issued



Contact Positively Alive: for additional information, full module outline & to obtain a quotation

E-mail: alan.brand@positivelyalive.co.za

Mobile: +27 82 453-0560

Website: www.positivelyalive.co.za



SERVICES SETA
Accreditation No: 13392



POSITIVELY ALIVE

Employee Wellness Consultant, Accredited Specialist Health and Wellness Training Provider, HIV Motivational Speaker + Author

Public Speaking - Skills Development for HIV/AIDS Peer Educators, Ambassadors and Employee Wellness Champions

Category: Employee Health and Wellness Training

Target Market: HIV/AIDS Peer educators, HIV/AIDS and employee Wellness ambassadors and wellness champions who are established and have a proven track record of successfully conducting and implementing workplace HIV/AIDS peer educator's programmes and awareness initiatives in the workplace or community.

Duration: Five full days. (The 5th day comprises of practical presentation evaluation)

- SAQA Unit Standard Aligned
- On site or Virtual options
- Outcomes based learning
- Monitoring and Evaluation
- Portfolio of evidence - Competency certificate issued



Contact Positively Alive: for additional information, full module outline & to obtain a quotation

E-mail: alan.brand@positivelyalive.co.za

Mobile: +27 82 453-0560

Website: www.positivelyalive.co.za





SERVICES SETA
Accreditation No: 13392

Health and Wellness Training Courses, Available through Positively Alive

Book your Employee Wellness Training Now

Positively Alive provides a diverse range of, SETA Accredited, Employee Health and Wellness Training Programmes. Visit the Positively Alive website for more details and services offered.

To obtain a quote or to schedule Employee Wellness Training Modules and awareness events at your workplace contact Alan Brand from Positively Alive.

Kind regards

Alan Brand

Positively Alive

albrand@iafrica.com or alan.brand@positivelyalive.co.za

Mobile: 082 453-0560

Website: www.positivelyalive.co.za



SERVICES SETA
Accreditation No: 13392



POSITIVELY ALIVE

Employee Wellness Consultant, Accredited Specialist Health and Wellness Training Provider, HIV Motivational Speaker + Author

Effective Management of HIV and AIDS Stigma and Discrimination

Category: Employee Health and Wellness Training

Target Market: Corporate wellness consultants, EAP managers, HIV/AIDS managers/consultants, HR Managers, HR directors, Medical practitioners, Clinical psychologists / counsellors, Employee wellness managers and practitioners, EAP consultants, Occupational health practitioners, Registered nurses, Peer educators. – Any employee who is responsible for the management and supervision of employees

Duration: Two full days.

- SAQA Unit Standard Aligned
- 8 CPD Points
- On site or Virtual options
- Outcomes based learning
- Monitoring and Evaluation
- Portfolio of evidence - Competency certificate issued



Contact Positively Alive: for additional information, full module outline & to obtain a quotation

E-mail: alan.brand@positivelyalive.co.za

Mobile: +27 82 453-0560

Website: www.positivelyalive.co.za



SERVICES SETA
Accreditation No: 13392



Virtual Training Options Available
