



FEBRUARY

NUTRITION

HEALTH & WELLBEING CALENDAR 2023

JANUARY

FINANCIAL WELLBEING

JAN 1-30 DRY JANUARY

VEGANUARY

JAN 17

BREW MONDAY

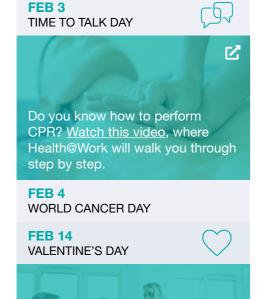


CERVICAL CANCER PREVENTION WEEK



JAN 17-23 BIG ENERGY

SAVING WEEK 2023



MARCH

SLEEP

MAR 1-31 ENDOMETRIOSIS AWARENESS

OVARIAN CANCER AWARENESS MONTH

MAR 7-13

NATIONAL FEET WEEK

MAR 14-20

NUTRITION AND HYDRATION WEEK

MAR 18

WORLD SLEEP DAY



MAR 20

WORLD ORAL HEALTH DAY

MAR 20

INTERNATIONAL DAY OF HAPPINESS



MAR 20-27

NATIONAL COMPLEMENTARY THERAPY WEEK

Check out our sleep stories and [2] sleep mindfulness course on the mPROVE YOURSELF app.

APRIL

APRIL 1-30

STRESS AWARENESS MONTH

BOWEL CANCER AWARENESS MONTH

WALK TO WORK DAY



APRIL 7

WORLD HEALTH DAY

INTERNATIONAL EARTH DAY





APRIL 28

WORLD DAY FOR SAFETY AND **HEALTH AT WORK**

wellbeing portal? More info

MAY

SUN AWARENESS

SKIN CANCER AWARENESS MONTH NATIONAL WALKING MONTH

MAY 2-8

SUN AWARENESS WEEK





MAY 9-15

More info

MENTAL HEALTH AWARENESS WEEK

MAY 16-JUNE 16

NATIONAL SMILE MONTH



MAY 15-21

NATIONAL VEGETARIAN WEEK

MAY 21

WORLD MEDITATION DAY

ENVIRONMENT

PRIDE MONTH

JUNE 5

WORLD ENVIRONMENT DAY



JUNE 6-12

NATIONAL GROWING FOR WELLBEING WEEK

JUNE 13-19

MEN'S HEALTH WEEK



Did you know that we work with Cool Earth to support and empower rainforest communities to halt deforestation? More info

MAY 16-JUNE 16

NATIONAL SMILE MONTH



JUNE 16

NATIONAL CLEAN AIR DAY

JUNE

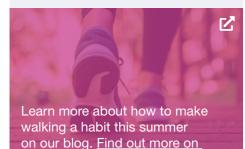
BIKE WEEK



JULY

HABITS

JULY 1-31 TALK TO US MONTH - SAMARITANS



JULY 3-9

our blog



AUGUST

Health@Work has a variety of

Healthy Eating for employees.

courses on Nutrition and

PHYSICAL ACTIVITY Access a variety of fitness training and yoga exercises on the **mPROVE YOURSELF** app.

AUG 4 CYCLE TO WORK DAY

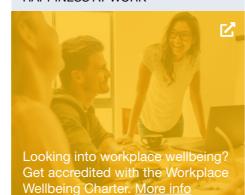


SEPTEMBER

WORLD SUICIDE PREVENTION DAY

INTERNATIONAL WEEK OF HAPPINESS AT WORK





SEPT 18-24 EYE HEALTH WEEK

NATIONAL FITNESS DAY

SEPT 29

HEART DAY



OCTOBER

WOMEN'S HEALTH

OCT 1-31

STOPTOBER

BLACK HISTORY MONTH CHOLESTEROL MONTH

BREAST CANCER AWARENESS MONTH

OCT 2-6 WORK LIFE WEEK

OCT 10 MENTAL HEALTH DAY





OCT 18

MENOPAUSE AWARENESS DAY

NOVEMBER

MEN'S HEALTH

NOV 1-30

MOVEMBER

PANCREATIC CANCER



Understanding how to manage stress is an essential skill to have. Learn more about managing stress in the workplace on our blog

STRESS AWARENESS DAY **NOV 6-12** STRESS AWARENESS WEEK

mProve in 30 webinar







DECEMBER

SOCIAL WELLBEING





The five ways to wellbeing were created to improve an individual's wellbeing. Read more on the Five Ways to Wellbeing blog

What are your New Year's resolutions?



