



HEALTH & WELLBEING CALENDAR 2023

JANUARY

FINANCIAL WELLBEING

JAN 1-30

DRY JANUARY VEGANUARY

JAN 17

BREW MONDAY

JAN 17-23

CERVICAL CANCER PREVENTION WEEK



JAN 17-23

on Health@Work's website

BIG ENERGY SAVING WEEK 2023



FEB 3

TIME TO TALK DAY



Do you know how to perform CPR? Watch this video, where Health@Work will walk you through step by step.

FEB 4

WORLD CANCER DAY



VALENTINE'S DAY



MARCH

SLEEP

MAR 1-31 ENDOMETRIOSIS AWARENESS

OVARIAN CANCER AWARENESS MONTH

MAR 14-20

NUTRITION AND HYDRATION WEEK

MAR 17

WORLD SLEEP DAY



MAR 20

WORLD ORAL HEALTH DAY

MAR 20

INTERNATIONAL DAY OF HAPPINESS



MAR 20-25

NATIONAL COMPLEMENTARY THERAPY WEEK

Check out our sleep stories and [7] 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

MAY 1-31

SKIN CANCER AWARENESS MONTH NATIONAL WALKING MONTH

ΜΔΥ 1-7

SUN AWARENESS WEEK





MAY 15-21

More info

MENTAL HEALTH AWARENESS WEEK

skin cancer with SkinVision.

MAY 16-JUNE 16

NATIONAL SMILE MONTH

MAY 15-21 NATIONAL VEGETARIAN WEEK

WORLD MEDITATION DAY

ENVIRONMENT

PRIDE MONTH

JUNE 5

WORLD ENVIRONMENT DAY

JUNE 6-12

NATIONAL GROWING FOR WELLBEING WEEK

JUNE 12-18

MEN'S HEALTH WEEK

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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 15

NATIONAL CLEAN AIR DAY

JUNE 5-11

BIKE WEEK



JULY

HABITS

JULY 1-31 TALK TO US MONTH - SAMARITANS



JULY 3-9

our blog

ALCOHOL AWARENESS WEEK

wellbeing guides? More info

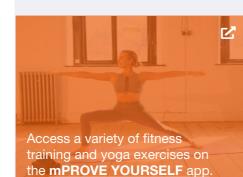


AUGUST

Healthy Eating for employees.

PHYSICAL ACTIVITY

PSORIASIS AWARENESS MONTH

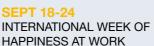


AUG 4 CYCLE TO WORK DAY



SEPTEMBER

WORLD SUICIDE PREVENTION DAY





Looking into workplace wellbeing? Get accredited with the Workplace Wellbeing Charter. More info

SEPT 18-24 EYE HEALTH WEEK

SEPT 21

NATIONAL FITNESS DAY



OCTOBER

WOMEN'S HEALTH

OCT 1-31

STOPTOBER



BREAST CANCER AWARENESS MONTH

OCT 2-6

WORK LIFE WEEK





OCT 18

MENOPAUSE AWARENESS DAY

NOVEMBER

MEN'S HEALTH

NOV 1-30





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





DECEMBER

SOCIAL WELLBEING

DEC 1-31



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?



strategy for the year ahead? Read our 3 Steps To Planning Your Employee Health & Wellbeing