

Your Health

2023 Calendar

Our monthly newsletter, Your Health, focusses on global and nationwide health & wellbeing events, as well as exploring key lifestyle topics to ensure your employees are getting the information they deserve to lead a healthy lifestyle and bring their whole self to work.

JAN

- New Year, New You

FEB

- National Heart Month
- Time to Talk
- Financial Wellbeing

MAR

- Neurodiversity Awareness / World Hearing Day
- Eating Disorders Awareness
- Prostate & Ovarian Cancer

APR

- Stress Awareness
- Nutrition
- MS Awareness Week

MAY

- Mental Health Awareness Week
- Action on Stroke / Hypertension
- Deaf Awareness

JUN

- Diabetes
- Cervical Screening
- Men's Health

JUL

- Travel / Holiday Health
- Nutrition / Mindful Eating
- The Big Listen

AUG

- Grief Awareness
- Women's Health
- Energy Levels

SEP

- Know Your Numbers / Fitness Month
- Suicide Prevention
- Work-Life Balance

OCT

- Menopause
- Back Care Awareness
- Dyslexia Awareness

NOV

- Diabetes / Heart Health
- Seasonal Affective Disorder
- Alcohol Awareness

DEC

- Mental Health
- People with Disabilities Day

