


JANUARY

FINANCIAL WELLBEING

JAN 1-30
DRY JANUARY
VEGANUARY

JAN 17
BREW MONDAY

JAN 17-23
CERVICAL CANCER PREVENTION WEEK



Want to learn more about financial wellbeing and how you can support your staff? [Find out more on Health@Work's website](#)

JAN 17-23
BIG ENERGY SAVING WEEK 2023

FEBRUARY

NUTRITION

FEB 3
TIME TO TALK DAY

FEB 4
WORLD CANCER DAY

FEB 14
VALENTINE'S DAY

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

Health@Work has a variety of courses on [Nutrition](#) and [Healthy Eating](#) for employees.

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 sleep mindfulness course on the [mPROVE YOURSELF](#) app.

APRIL

MENTAL HEALTH

APRIL 1-30
STRESS AWARENESS MONTH
BOWEL CANCER AWARENESS MONTH

APRIL 1
WALK TO WORK DAY

APRIL 7
WORLD HEALTH DAY

APRIL 22
INTERNATIONAL EARTH DAY

Did you know that with an Employee Assistance Programme, employees have access to helplines, counselling and a wellbeing portal? [More info](#)

APRIL 28
WORLD DAY FOR SAFETY AND HEALTH AT WORK

MAY

SUN AWARENESS

MAY 1-31
SKIN CANCER AWARENESS MONTH
NATIONAL WALKING MONTH

MAY 1-7
SUN AWARENESS WEEK

Check your skin for the signs of skin cancer with [SkinVision](#). [More info](#)

MAY 15-21
MENTAL HEALTH AWARENESS WEEK

MAY 16-JUNE 16
NATIONAL SMILE MONTH

MAY 15-21
NATIONAL VEGETARIAN WEEK

MAY 21
WORLD MEDITATION DAY

JUNE

ENVIRONMENT

JUNE 1-30
PRIDE MONTH

JUNE 5
WORLD ENVIRONMENT DAY

JUNE 6-12
NATIONAL GROWING FOR WELLBEING WEEK

JUNE 12-18
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 15
NATIONAL CLEAN AIR DAY

JUNE 5- 11
BIKE WEEK

JULY

HABITS

JULY 1-31
TALK TO US MONTH - SAMARITANS

Learn more about how to make walking a habit this summer on our blog. [Find out more on our blog](#)

JULY 3-9
ALCOHOL AWARENESS WEEK

Did you know the [mProve YOURSELF](#) app has a variety of mindfulness courses and mental wellbeing guides? [More info](#)

AUGUST

PHYSICAL ACTIVITY

AUG 1-31
PSORIASIS AWARENESS MONTH

Access a variety of fitness training and yoga exercises on the [mPROVE YOURSELF](#) app.

AUG 4
CYCLE TO WORK DAY

It's a great time to encourage Physical Activity in the Workplace. [Find out more on our](#)

SEPTEMBER

WELLBEING IN THE WORKPLACE

SEPT 10
WORLD SUICIDE PREVENTION DAY

SEPT 18-24
INTERNATIONAL WEEK OF HAPPINESS AT WORK

Looking into workplace wellbeing? Get accredited with the Workplace Wellbeing Charter. [More info](#)

SEPT 18-24
EYE HEALTH WEEK

SEPT 21
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

Health@Work offers a variety of Menopause courses. [Find out more on the website](#)

OCT 18
MENOPAUSE AWARENESS DAY

NOVEMBER

MEN'S HEALTH

NOV 1-30
MOVEMBER
PANCREATIC CANCER AWARENESS MONTH

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

NOV 1
STRESS AWARENESS DAY

NOV 6-12
STRESS AWARENESS WEEK

Want to support men's health in your workplace? [Watch our mProve in 30 webinar](#)

DECEMBER

SOCIAL WELLBEING

DEC 1-31
DECEMBEARD

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?](#)

Planning your health & wellbeing strategy for the year ahead? [Read our 3 Steps To Planning Your Employee Health & Wellbeing Strategy](#)