

JANUARY


HABITS

1 - 31 JANUARY
Dry January
Veganuary
Red January

3 JANUARY
International Mind-Body Wellness Day

15 JANUARY
Brew Monday

22 - 28 JANUARY
Cervical Cancer Prevention Week




New year - same habits? Get a healthy start to 2024 with our guide to promoting healthier habits [here](#).

FEBRUARY

HEART HEALTH

1 - 29 FEBRUARY
Heart Month

1 FEBRUARY
Time to Talk Day



We all need support from time to time. Find out more about our mental health & stress support service [here](#).

4 FEBRUARY
World Cancer Day

9 FEBRUARY
World Toothache Day

MARCH

NUTRITION

1 - 31 MARCH
Endometriosis Awareness
Ovarian Cancer Awareness

1 MARCH
National Employee Appreciation Day

8 MARCH
International Women's Day

11 - 17 MARCH
Nutrition and Hydration Week

14 MARCH
World Kidney Day

15 MARCH
World Sleep Day

20 - 25 MARCH
National Complementary Therapy Week

20 MARCH
World Oral Health Day

APRIL


ENVIRONMENT

1 - 30 APRIL
Stress Awareness Month
Bowel Cancer Awareness

5 APRIL
Walk to Work Day

7 APRIL
World Health Day

22 APRIL
International Earth Day



Did you know that Medicash are a carbon-neutral company? We're aiming for Net Zero - find out more about our environmental pledges [here](#).

MAY

MENTAL HEALTH

1 - 31 MAY
Skin Cancer Awareness Month
National Walking Month

6 - 12 MAY
Sun Awareness Week

13 - 19 MAY
Mental Health Awareness Week

13 MAY - 13 JUNE
National Smile Month

17 MAY
World Hypertension Day

21 MAY
World Meditation Day

24 MAY
Don't Fry Day

This Skin Cancer Awareness Month, don't forget to take regular checks using your [SkinVision](#) app.

JUNE

MEN'S HEALTH

1 - 30 JUNE
Pride Month

13 MAY - 13 JUNE
National Smile Month

5 JUNE
World Environment Day

10 - 16 JUNE
Men's Health Week



Celebrate Men's Health Week with a Men's Health Awareness course from Health@Work - click [here](#) to find out more.

JULY

SOCIAL WELLNESS

1 - 31 JULY
Talk to Us Month
Disability Pride Month

3 - 9 JULY
Alcohol Awareness Week

24 JULY
International Self-Care Day




50% of people in the UK say their alcohol consumption increases during the summer. Find more information, advice, and support on alcohol use with your EAP via the Your Care platform.

AUGUST

FINANCIAL WELLBEING

1 AUGUST
Cycle to Work Day

5 - 11 AUGUST
World Breastfeeding Week



Looking for more tips on financial wellbeing? Visit our [blog](#) for more ideas and hints on managing your money.

SEPTEMBER

PHYSICAL HEALTH

2 - 6 SEPTEMBER
Know Your Numbers Week

10 SEPTEMBER
World Suicide Prevention Day

23 - 27 SEPTEMBER
International Week of Happiness at Work

23 - 29 SEPTEMBER
Eye Health Week

25 SEPTEMBER
National Fitness Day

29 SEPTEMBER
Heart Day

Mental Health First Aiders are your employees' rapid responders to their emotional wellbeing concerns - find out more about our licensed MHFAider® training from [Health@Work](#)

OCTOBER

WOMAN'S HEALTH

1 - 31 OCTOBER
Stoptober
Cholesterol Month
Breast Cancer Awareness Month
World Menopause Month
Black History Month

4 OCTOBER
World Smile Day

10 OCTOBER
Mental Health Day

18 OCTOBER
Menopause Awareness Day



Get your copy of our [Employer's Guide to Menopause at Work](#) [here](#).

NOVEMBER

WELLBEING

1 - 30 NOVEMBER
Movember
Pancreatic Cancer Awareness Month

6 NOVEMBER
National Stress Awareness Day



Looking to build a low-stress workplace? Download a copy of our Stress Management for Employers toolkit [here](#).

18 - 24 NOVEMBER
Self-Care Week


26 NOVEMBER
Giving Tuesday

DECEMBER

FAMILY

2 - 8 DECEMBER
National Grief Awareness Week

3 DECEMBER
International Day of Persons with Disabilities



The festive season can be a challenging time for many. Make sure your employees have the support they need, when they did with our EAP service - find out more [here](#).