

HEART HEALTH

JANUARY

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



JULY SOCIAL WELLNESS

1 - 31 JULY Talk to Us Month **Disability Pride Month**

3 - 9 JULY Alcohol Awareness Week

24 JULY International Self-Care Dav



50% of people in the UK say their alcohol consumption increases during the summer. Find more nformation, advice, and support on

FEBRUARY

1 - 29 FEBRUARY

Heart Month **1 FEBRUARY**

Time to Talk Day



We all need support from time to me. Find out more about our menta ealth & stress support service here.

4 FEBRUARY World Cancer Day

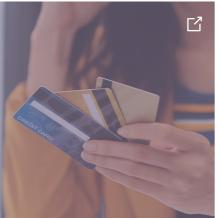
9 FEBRUARY World Toothache Dav

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.

MARCH

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

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 nore about our licensed MHFAider® ining from Health@Work

APRIL

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

OCTOBER

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

4 OCTOBER World Smile Dav

10 OCTOBER Mental Health Day

18 OCTOBER Menopause Awareness Day



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 Dav

24 MAY Don't Fry Day

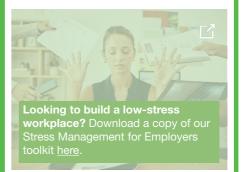
This Skin Cancer Awareness Month, don't forget to take regular checks using your <u>SkinVision app</u>.

NOVEMBER

1 - 30 NOVEMBER

Movember Pancreatic Cancer Awareness Month

6 NOVEMBER National Stress Awareness Day



18 - 24 NOVEMBER Self-Care Week

26 NOVEMBER Giving Tuesday

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



DECEMBER

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