

2021

WORKPLACE WELLBEING

AWARENESS DAYS

stretching
THE | city

FEBRUARY

4 FEB TIME TO TALK DAY

7 FEB RANDOM ACTS OF KINDNESS DAY

MARCH

8 MAR INTERNATIONAL WOMEN'S DAY

15-21 MAR NUTRITION & HYDRATION WEEK

19 MAR WORLD SLEEP DAY

APRIL

STRESS AWARENESS MONTH

22 APRIL EARTH DAY

MAY

4-9 MAY MATERNAL MENTAL HEALTH AWARENESS WEEK

10-16 MAY MENTAL HEALTH AWARENESS WEEK (THEME IS 'NATURE & THE ENVIRONMENT')

21 MAY - WORLD MEDITATION DAY

JUNE

PRIDE MONTH

15-20 JUNE MEN'S HEALTH WEEK

21 JUNE INTERNATIONAL YOGA DAY

OCTOBER

BLACK HISTORY MONTH

5-9 OCT BACK CARE AWARENESS WEEK

10 OCT WORLD MENTAL HEALTH DAY

12-15 OCT NATIONAL WORK / LIFE WEEK

18 OCT WORLD MENOPAUSE DAY

NOVEMBER

NOVEMBER: MEN'S HEALTH AWARENESS MONTH

6 NOV NATIONAL STRESS AWARENESS DAY

To discuss how Stretching the City can support these initiatives in your organisation, email info@stretchingthecity.com.

www.stretchingthecity.com