

2022

WORKPLACE WELLBEING

FEBRUARY

LGBTQ+ HISTORY MONTH

3 FEB TIME TO TALK DAY

17 FEB RANDOM ACTS OF KINDNESS DAY

MARCH

28 FEB - 6 MAR EATING DISORDERS AWARENESS WEEK

8 MAR INTERNATIONAL WOMEN'S DAY

14-20 MAR NUTRITION & HYDRATION WEEK

18 MAR WORLD SLEEP DAY

20 MAR INTERNATIONAL DAY OF HAPPINESS

APRIL

STRESS AWARENESS MONTH

22 APRIL EARTH DAY

MAY

10-16 MAY MENTAL HEALTH AWARENESS WEEK

21 MAY WORLD MEDITATION DAY

JUNE

PRIDE MONTH

10-17 JUNE MEN'S HEALTH WEEK

21 JUNE INTERNATIONAL YOGA DAY

JULY

PLASTIC FREE JULY

SEPTEMBER

10 SEPT WORLD SUICIDE PREVENTION DAY

OCTOBER

BLACK HISTORY MONTH

7 OCT WORLD DYSLEXIA DAY

10 OCT WORLD MENTAL HEALTH DAY

7-14 OCT NATIONAL WORK / LIFE WEEK

18 OCT WORLD MENOPAUSE DAY

NOVEMBER

NOVEMBER: MEN'S HEALTH AWARENESS MONTH

2 NOV NATIONAL STRESS AWARENESS DAY

13 NOV WORLD KINDNESS DAY

19 NOV INTERNATIONAL MEN'S DAY



To discuss how Stretching the City can support these awareness campaigns at your workplace, email info@stretchingthecity.com

AWARENESS DAYS