


# 2024

## WELLBEING CALENDAR

### JANUARY


#### DRY JANUARY

 [Alcohol Awareness & Mindful Drinking](#)

#### 15 - BLUE MONDAY

 [The Happiness Formula](#)

 [Make Productivity your Superpower](#)


 [Cultivating a Positive Mindset](#)

### FEBRUARY

#### LGBTQ HISTORY MONTH

 [LGBTQ at Work](#)


#### 1 - TIME TO TALK DAY

 [Cultivating Conversations around Mental Health](#)

#### 5-12 RACE EQUALITY WEEK

 [Race @ Work: Race for Inclusion](#)

#### 28 FEB-05 MAR: EATING DISORDERS AWARENESS WEEK

 [Understanding Eating Disorders](#)

### MARCH

#### 8 - INTERNATIONAL WOMEN'S DAY

 [IWD Workshops](#)

#### 15 - WORLD SLEEP DAY

 [Sleep School](#)

#### 11 - NUTRITION & HYDRATION WEEK


 [Nutrition workshops](#)

#### 18-24: NEURODIVERSITY CELEBRATION WEEK

 [Nurturing the Superpower of Neurodiversity](#)


### APRIL

#### STRESS AWARENESS MONTH

 [Managing Stress @ Work](#)

 [Burnout to Balance](#)

 [Resilience Toolkit](#)

 [Relaxing Office Massage](#)

#### 21-27 FERTILITY AWARENESS WEEK


 [Supporting Fertility at Work](#)

#### 22 - EARTH DAY

 [Sustainability in 60 Minutes](#)

### MAY

#### 13-19: MENTAL HEALTH AWARENESS WEEK

 Theme TBC. See our [Mental Health at Work](#) offerings.

#### 17 - DAY AGAINST HOMOPHOBIA & TRANSPHOBIA

 [LGBTQ at Work](#)

 [Trans at Work](#)

#### 21 - WORLD MEDITATION DAY


 [Mindfulness Workshops](#)

### JUNE

#### PRIDE MONTH

 [LGBTQ at Work](#)

#### 10-16: MEN'S HEALTH WEEK


 [Men's Wellbeing Workshops](#)

#### 10-16: CARERS WEEK

 [Wellbeing for Carers](#)

#### 17-23 LEARNING DISABILITY WEEK

 [Disability at Work](#)

 [Nurturing the Superpower of Neurodiversity](#)

#### 21 - INTL YOGA DAY


 [Yoga at Work](#)

# 2024

## WELLBEING CALENDAR

### JULY

#### 3-9: ALCOHOL AWARENESS WEEK

 [Alcohol Awareness & Mindful Drinking](#)

### AUGUST

#### 30 - GRIEF AWARENESS DAY

 [The Grief Workshop](#)

### SEPTEMBER

#### 10 - WORLD SUICIDE PREVENTION DAY


 [Suicide Prevention: A Conversation](#)

### OCTOBER


#### BLACK HISTORY MONTH

 [Race at Work](#)

#### SOBER OCTOBER

 [Alcohol Awareness & Mindful Drinking](#)


#### 9-15: BABY LOSS AWARENESS WEEK

 [Pregnancy & Baby Loss in the Workplace](#)

#### 7-11 WORK LIFE WEEK

 [Wellbeing for Working Parents](#)

#### 10 - WORLD MENTAL HEALTH DAY


 [Mental Health at Work workshops](#)

#### 18 - WORLD MENOPAUSE DAY




 [Managing Menopause at Work](#)

### NOVEMBER


#### MEN'S HEALTH MONTH

 [Men's Wellbeing Workshops](#)

#### 6 - STRESS AWARENESS DAY

 [Managing Stress @ Work](#)  
 [Burnout to Balance](#)  
 [Resilience Toolkit](#)

#### 11-17 TALK MONEY WEEK

 [Financial Wellbeing workshops](#)


#### 13-19 TRANSGENDER AWARENESS WEEK

 [Trans at Work](#)

#### 14 - WORLD DIABETES DAY

 [Understanding Diabetes](#)

#### 19 - INTERNATIONAL MEN'S DAY

 [Men's Wellbeing Workshops](#)

### DECEMBER

#### 2-8 GRIEF AWARENESS WEEK

 [Grief Workshop](#)

#### 25 - CHRISTMAS

 [Coping with Christmas](#)  
 [Winter Wellbeing](#)  
 [Have a Sustainable Christmas](#)