

Example Health Awareness Calendar



Here's how some of our health and wellbeing solutions can be used throughout the year to support your employees' health and keep them engaged in their wellbeing all year round. Find out more about our [wellbeing solutions here](#).

January



Dry January Month

Wellbeing Calendar:
Alcohol

February



World Cancer Day,
4th

Webinar: Cancer
Awareness

March



Debt Awareness Week,
18th-24th

Webinar: Money,
Happiness & Wellbeing

April



Stress Awareness
Month

Health Cash Plan: 24
Hour Advice &
Information Line

May



Mental Health
Awareness Week,
13th-19th

Course: Mental Health
First Aid Training

June



Healthy Eating Week
10th-14th

Wellbeing Calendar:
Healthy Eating

July



Staying Healthy In
Summer

Webinar: Take Care In
The Sun

August



Cycle To Work Day,
1st

Wellbeing Calendar:
Exercise

September



Know Your Numbers
Week (Blood Pressure),
2nd-8th

Solution: Health
Screenings

October



Back Care Awareness
Week, early October

Health Cash Plan:
Therapy Treatments

November



International Men's
Day, 19th

Webinar: Men's Health

December



Staying Healthy In
Winter

Health Cash Plan:
DoctorLine