

WELLBEING AT WORK CAMPAIGN CALENDAR 2024

JANUARY

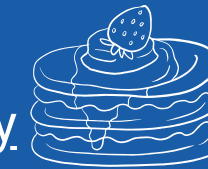


Dry January
Brew Monday
Big Garden Bird Watch

FEBRUARY

Time To Talk

MARCH



International Women's Day
No More Week
World Sleep Day
Nutrition & Hydration Week

APRIL

Stress Awareness Month
On Your Feet Britain



MAY

National Walking Month
Mental Health Awareness Week
Learning at Work Week



JUNE

Bike Week
Great Big Green Week
Healthy Eating Week

JULY

Plastic Free Month
Love Parks Week
Alcohol Awareness Week
National Marine Week

AUGUST

Cycle to Work Day
Grief Awareness Day



SEPTEMBER

Know Your Numbers
World Suicide Prevention Day

OCTOBER

Stoptober
National Cholesterol Month
World Menopause Day
Take Action on Addiction
Back Care Awareness Week



NOVEMBER

Movember
International Men's Day
Talk Money Week
Self Care Week

DECEMBER

16 Days of Action
Christmas!



Our focus is on these main campaigns. See the 3-monthly calendar for additional campaigns and updates on Wellbeing at Work. Check out the details of each campaign by clicking on it, or scan our QR code for more W@W!

