

# Your Health

## 2023 Calendar

Our monthly newsletter, Your Health, focusses on global and nationwide health & wellbeing events, as well as exploring key lifestyle topics to ensure your employees are getting the information they deserve to lead a healthy lifestyle and bring their whole self to work.

### JAN

- New Year, New You

### FEB

- National Heart Month
- Time to Talk
- Financial Wellbeing

### MAR

- Neurodiversity Awareness / World Hearing Day
- Eating Disorders Awareness
- Prostate & Ovarian Cancer

### APR

- Stress Awareness
- Health & Safety at Work
- MS Awareness Week

### MAY

- Mental Health Awareness Week
- Action on Stroke / Hypertension
- Deaf Awareness

### JUN

- Diabetes
- Cervical Screening
- Men's Health

### JUL

- Travel / Holiday Health
- Nutrition / Mindful Eating
- The Big Listen

### AUG

- Grief Awareness
- Women's Health
- Energy Levels

### SEP

- Know Your Numbers / Fitness Month
- Suicide Prevention
- Work-Life Balance

### OCT

- Menopause
- Back Care Awareness
- Dyslexia Awareness

### NOV

- Diabetes / Heart Health
- Seasonal Affective Disorder
- Alcohol Awareness

### DEC

- Mental Health
- People with Disabilities Day

