

# January - April 2024



SUPPORTING HEALTHY, HIGH PERFORMANCE THROUGHOUT THE YEAR

JANUARY		FEBRUARY		MARCH		APRIL	
DRY JANUARY	VEGANUARY	LGBT HISTORY MONTH	WOMEN'S HISTORY MONTH	WOMEN'S HISTORY MONTH	STRESS AWARENESS MONTH		
15 Blue Monday		1 Time to Talk Day	4 World Cancer Day	1 Employee Appreciation Day	2 World Autism Acceptance Day	7 World Health Day	
	27 Parental Mental Health Day		17 Random Acts of Kindness Day	11-17 Nutrition and Hydration Week	22 Earth Day	25 On Your Feet Britain	
		24 Emotional Health Day		18-24 Neurodiversity Celebration Week		28 World Health & Safety Day At Work	
				20 World Happiness Day			

# May - August 2024



SUPPORTING HEALTHY, HIGH PERFORMANCE THROUGHOUT THE YEAR

## MAY

NATIONAL WALKING MONTH

5

World Laughter Day

13-19

Black Inclusion Week

13-19

Learning at Work Week

13-19

Mental Health Awareness Week



## JUNE

PRIDE MONTH

5

World Environment Day

10-16

International Men's Health Week

17-23

Learning Disability Week

8

Global Wellness Day

18

International Nelson Mandela Day



## JULY

PLASTIC FREE JULY



18

International Nelson Mandela Day



DISABILITY PRIDE MONTH

14

International Non-binary People's Day

30

International Day of Friendship

## AUGUST

1-7

World Breastfeeding Week



30

Grief Awareness Day



# September - December 2024



SUPPORTING HEALTHY, HIGH PERFORMANCE THROUGHOUT THE YEAR

SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
SLEEPTIME		BLACK HISTORY MONTH	STOPTOBER	MOVEMBER			
10	World Suicide Prevention Day	7-11	Work Life Week	6	Stress Awareness Day	1	World AIDS Day
23-27	International Happiness at Work Week					3	International Day of People with Disabilities
21	World Gratitude Day			11	Remembrance Day	10	Human Rights Day
23-29	National Inclusion Week						
29	World Heart Day			13	World Kindness Day	20	World Solidarity Day