

WELLBEING CALENDAR 2024

February

- 2nd February - Time to Talk Day

March

- 3rd March - Employee Appreciation Day
- 8th March - International Women's Day
- 20th March - World Happiness Day

April

- Stress Awareness Month
- 7th April - World Health Day
- 22nd April - Earth Day
- 27th April - On Your Feet Britain

May

- Walking Month
- 1-7th May - Deaf Awareness Week
- 7th May - World Laughter Day
- 15-21st May - Mental Health Awareness Week

June

- Pride Month
- 10th June - Global Wellness Day
- 12-18th June - International Men's Health Week
- 19-25th June - Learning Disability Week
- 26th-2nd June/July - World Wellbeing Week

July

- 30th July - International Day of Friendship

August

- 4th August - Cycle to work day

September

- 21st September - World Gratitude Day
- 25-29th September - International Happiness at Work week

October

- Black History Month
- 2-6th October - Work life week
- 10th October - World Mental Health Day

November

- Men's Health Awareness Month
- 2nd November - Stress Awareness Day
- 11th November - Remembrance Day
- 13th November - World Kindness Day
- 13-19th November - Self Care Week

December

- 3rd December - International Day of People with Disabilities
- 20th December - International Solidarity Day