

2024 Wellbeing Calendar

An engaging health and wellbeing studio experience delivered to a dedicated desktop and mobile platform/app. Every week we invite expert guests to join us in studio (in person or dial-in) to discuss a range of fascinating topics. The series is available live or on demand so colleagues can access whenever, wherever they need to.



Here's a look ahead of whats coming in 2024!

(The remaining 2 topics per month will be released throughout the year so we can ensure everything we discuss is as relevant as possible)



<p>January</p> <ul style="list-style-type: none"> • Get finance savvy this new year • Understanding addiction 	<p>February</p> <ul style="list-style-type: none"> • Coming together for World Cancer Day • Endometriosis awareness 	<p>March</p> <ul style="list-style-type: none"> • Celebrating International Women's Day • How to get better quality sleep
<p>April</p> <ul style="list-style-type: none"> • Understanding Neurodiversity • Workplace Wellbeing Day 	<p>May</p> <ul style="list-style-type: none"> • Mental Health Awareness Week • Budgeting 101 Over the Summer Months 	<p>June</p> <ul style="list-style-type: none"> • Being an LGBTQ+ ally • Men's Health Week
<p>July</p> <ul style="list-style-type: none"> • Alcohol Awareness • Strengthening your Personal Relationships 	<p>August</p> <ul style="list-style-type: none"> • Juggling family and work life • Food - Nourishing the mind and body 	<p>September</p> <ul style="list-style-type: none"> • Looking after your Heart Health • Budgeting - Back to Basics
<p>October</p> <ul style="list-style-type: none"> • World Mental Health Day • World Menopause Day 	<p>November</p> <ul style="list-style-type: none"> • Stress, let's talk about it • Movember - spotlighting men's health 	<p>December</p> <ul style="list-style-type: none"> • International Day of Persons with Disabilities - Inspiring Stories • Winter Wellness

