

Wellbeing for Life Calendar 2023





January

Dry January (1-31)





February

National Heart Month (1-28)

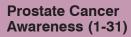




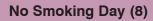


March

Ovarian Cancer Awareness (1-31)

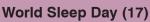


University Mental Health Day (9)



Nutrition and Hydration Week 13-19





August

World Breastfeeding Week (1-7)



Cvcle to Work Day (4)



September

Know Your Numbers Week (4-10)



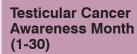


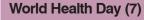
World Suicide Prevention Day (10)



April

Stress Awareness Month (1-30)





On your feet Britain (27)

October

Stoptober (1-31)

Breast Cancer Awareness Month (1 - 31)

Back Care Awareness week (3-7)

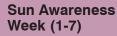
World Mental Health Day (10)

National Work Life Balance Week (10-14)

World Menopause Day (18)

May

National Walking Month (1-31)



Deaf Awareness Week (2-8)

Mental Health Awareness Week (15-21)

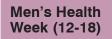
Movember -

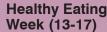
Men's Health

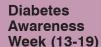
(1-30)

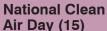
June

Carers Week (5-11)





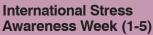






Alcohol **Awareness**





November

Talk Money Week 7-11)

16 Days of Action **Against Domestic** Violence (25 Nov - 10 Dec)











Week (3-9)









