

Wellbeing at Work Campaign Calendar 2023

Here are the main campaigns we will be concentrating on for 2023, please use this to help you to create events & support your workplace - click on the photos for more info! Reminders will be sent out in advance on events/campaign interactions from us to Wellbeing Champions!

January

Dry January Month
Brew Monday - 16th



February

Time to Talk Day - 2nd
National Apprenticeship Week - 6th till 12th



March

International Women's Day - 8th
World Sleep Day - 17th



April

Stress Awareness Month
On your Feet Britain - 28th



May

National Walking Month
Mental Health Awareness Week - 15th-21st



June

Healthy Eating Week 12th-16th
Bike Week 8th-15th



July

Alcohol Awareness Week 3rd-9th



August

Cycle to Work Day - 4th



September

Know Your Numbers Week - 5th-11th
World Suicide Prevention Day 10th



October

Stoptober Month
World Menopause Day - 18th



November

Movember Month
International Men's Day - 19th



December

Christmas is on its ways! Keep an eye out for a Wellbeing at Work email this month for more!