

JANUARY

1-31 Dry January

21 Brew Monday

FEBRUARY

4-10 Children's Mental Health Week

7 Time to Talk Day

MARCH

13 No Smoking Day

15 World Sleep Day

18-24 OCD week of action

APRIL

1 - 30 Stress Awareness Month

5 Walk to Work Day

7 World Health Day

26 On your Feet Britain

MAY

National Walking Month

13-19 Mental Health Awareness Week

31 World No Tobacco Day

JUNE

8 Global Wellness Day

10-14 Healthy Eating Week

20 World Productivity Day

JULY

1-7 Health Information Week

AUGUST

8 Cycle to Work Day

SEPTEMBER

10 World Suicide Prevention Day

26 National Fitness Day

OCTOBER

7-11 National Work Life Week

10 World Mental Health Day

NOVEMBER

6 National Stress Awareness Day

11-17 National Alcohol Awareness Week

DECEMBER

1-7 Anger Awareness Week

★ KEY DATES ★

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