

The Wellbeing Calendar 2019

- KEY:**
- Awareness dates
 - Podcast
 - Webinar
 - Useful resources

	PHYSICAL	EMOTIONAL	SICKNESS ABSENCE	FINANCIAL
January	All of January Awareness date: Dry January			
February	21 January Podcast: Day-to-day wellbeing (for employees)			
February	4 February Awareness date: World Cancer Day			
February	6 February Awareness date: International Wellbeing Wednesday			
February	6 February, 11am Webinar: Workplace wellbeing - Unum and The Stress Management Society			
February	7 February Awareness date: Time to Talk Day			
February	28 February, 11am Webinar: Cancer in the workplace - Unum and Maggie's			
February	Anytime Useful resource: Workplace wellbeing hub			
March	8 March Awareness date: International Women's Day			
March	8 March, 11am Webinar: Women's health			
April	22 April Podcast: Wellbeing and physical activity			
April	22-28 April Awareness date: Multiple Sclerosis Week			
April	Anytime Useful resource: Mental health hub			
May	13-19 May Awareness date: Mental Health Week			
May	14 May, 11am Webinar: Mental health first aid and awareness - Unum and Minding Your Business			
May	All of May Awareness date: Walking Month	27 May Podcast: The importance of financial wellbeing (for employees) - Second Sight		
June	10-16 June Awareness date: Carer's Week			
June	12 June, 11am Webinar: Cancer in the workplace - Unum and Maggie's			
July	16 July, 11am Webinar: The prevention of musculoskeletal disorders in the workplace			
August	30 August Awareness date: National Grief Day			
August	30 August, 11am Webinar: Managing bereavement in the workplace - Unum and Child Bereavement UK			
September	10th September Awareness date: World Suicide Prevention Day			
September	24 September Awareness date: World Cancer Research Day			
September	24 September Podcast: Helping employers support staff through a cancer diagnosis			
October	7-13 October Awareness date: Dyslexia Awareness Week			
October	8 October, 11am Webinar: Dyslexia awareness			
October	10 October, 11am Awareness date: World Mental Health Day			
October	10 October Webinar: Diversity and mental health			
October	All of October Awareness date: Stoptober			
November	6 November National Stress Awareness Day			
November	6 November Podcast: Successful mental health and resilience			
November	19 November Awareness date: International Men's Day			
November	19 November, 11am Webinar: Men's health			
November	27 November, 11am Webinar: Cancer in the workplace - Unum and Maggie's			
November	All of November Awareness date: Movember			
December	1 December Podcast: Festive mindfulness			
December	1-7 December Useful resource: Stress at work - a simple guide			

Q1

Q2

Q3

Q4

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