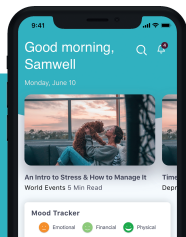




# Health Assured wellbeing calendar 2022

- Wellbeing
- Legal
- Focus
- Webinar

January	February	March	April
Healthy eating	The importance of self-love	Preventing burnout	Importance of sleep
Legal advice surrounding debt	Cohabitation agreements	Making a will	No-fault divorce law
Financial wellbeing	Mental Health A-Z	Neurodiversity	Coping with eating disorders
Pressures of a new year	Relationship anxiety	Women's Mental Health	Embracing religious diversity
May	June	July	August
The art of meditation	Body acceptance	Self-care: taking time out	Physical wellbeing
Renting: know your rights	Recognising scams & phishing emails	Parental rights	Court of protection
Mental Health: life beyond diagnosis	Self-identity	Overcoming social anxiety	Coping with change
Living with PTSD	Pride Month	Coping with criticism	Complex mental health issues
September	October	November	December
Confidence	Mindfulness	The importance of work-life balance	Managing stress
Workplace pension law	Legal issues around buying a house	Online harrasment	Personal injury law
Tackling intrusive thoughts	Seasonal affective disorder (SAD)	OCD	Domestic abuse
Suicide awareness	Black History Month	Men's Mental Health	Coping with loneliness



My Healthy Advantage app  
Available to download now





# Awareness Days calendar 2022

## January

- Month Dry January
- Month Veganuary
- 10<sup>th</sup>-16<sup>th</sup> Houseplant Week
- 17<sup>th</sup> Blue Monday
- 17<sup>th</sup>-23<sup>rd</sup> Cervical Cancer Prevention Week

## February

- Month LGBT History Month
- 3<sup>rd</sup> Time to Talk Day
- 4<sup>th</sup> World Cancer Day
- 7<sup>th</sup>-13<sup>th</sup> Sexual Abuse & Sexual Violence Week
- 7<sup>th</sup>-13<sup>th</sup> Children's Mental Health Week
- 28<sup>th</sup>-6<sup>th</sup> Eating Disorder Awareness Week

## March

- to 6<sup>th</sup> Eating Disorder Awareness Week
- 3<sup>rd</sup> World Book Day
- 8<sup>th</sup> International Women's Day
- 10<sup>th</sup> No Smoking Day
- 18<sup>th</sup> World Sleep Day
- 21<sup>st</sup> International Day for the Elimination of Racial Discrimination
- 14<sup>th</sup>-20<sup>th</sup> Neurodiversity Celebration Week
- 27<sup>th</sup> Mother's Day
- 31<sup>st</sup> International Transgender Day of Visibility

## April

- Month Stress Awareness Month
- 2<sup>nd</sup> World Autism Awareness Day
- 22<sup>nd</sup> Stephen Lawrence Day
- 28<sup>th</sup> World Day for Safety & Health at Work

## May

- Month National Walking Month
- 4<sup>th</sup>-9<sup>th</sup> Deaf Awareness Week
- 9<sup>th</sup>-15<sup>th</sup> Mental Health Awareness Week
- 17<sup>th</sup> International Day against Homophobia, Transphobia & Biphobia
- 21<sup>st</sup> World Meditation Day

## June

- Month Pride Month
- 6<sup>th</sup>-12<sup>th</sup> Carers Week
- 13<sup>th</sup>-17<sup>th</sup> Loneliness Awareness Week
- 10<sup>th</sup>-17<sup>th</sup> Diabetes Week
- 10<sup>th</sup>-17<sup>th</sup> Men's Health Week
- 19<sup>th</sup> Father's Day
- 20<sup>th</sup>-26<sup>th</sup> Cervical Screening Awareness

## July

- 4<sup>th</sup> Thank You Day
- 14<sup>th</sup> International Non-Binary People's Day
- 25<sup>th</sup> National Schizophrenia Awareness Day
- 6<sup>th</sup>-31<sup>st</sup> UEFA Women's Euro 2022
- 28<sup>th</sup>-8<sup>th</sup> Commonwealth Games
- 30<sup>th</sup> International Day of Friendship

## August

- to 8<sup>th</sup> Commonwealth Games
- 4<sup>th</sup> Cycle to Work Day

## September

- 7<sup>th</sup> Youth Mental Health Day
- 10<sup>th</sup> Suicide Prevention Day

## October

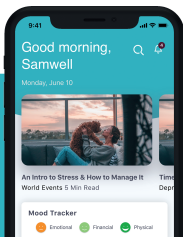
- Month Black History Month
- Month Breast Cancer Awareness Month
- Month ADHD Awareness
- Month Cholesterol Awareness
- Month Stoptober
- 10<sup>th</sup> World Mental Health Day
- 18<sup>th</sup> World Menopause Day
- 30<sup>th</sup> Daylight Saving Ends

## November

- Month November
- 2<sup>nd</sup> International Stress Awareness Day
- 14<sup>th</sup> World Diabetes Day
- 18<sup>th</sup>-25<sup>th</sup> Alcohol Awareness Week
- 19<sup>th</sup> International Men's Day
- 21<sup>st</sup>-18<sup>th</sup> FIFA World Cup

## December

- to 18<sup>th</sup> FIFA World Cup
- 1<sup>st</sup> World Aids Day
- 3<sup>rd</sup> International Day of People with Disabilities
- 10<sup>th</sup> Human Rights Day



My Healthy Advantage app  
Available to download now

