

Wellbeing Calendar 2021

A comprehensive list of dates to help you plan your workplace wellbeing activities.

January

- 01-31 Dry January
- 13-20 Obesity Awareness Week

February

- 04 Time to Talk Day
- 04 World Cancer Day
- 7-13 Children's Mental Health Week

March

- 01-07 National Eating Disorder Awareness Week
- 08 International Women's Day
- 10 No Smoking Day
- 19 World Sleep Day
- 15-21 Nutrition & Hydration Week
- 20 International Happiness Day

April

- 01-30 Stress Awareness Month
- 07 World Health Day
- 26 On Your Feet Britain

May

- 01-31 National Walking Month
- 09-15 Women's Health Week
- 10-16 Mental Health Awareness Week
- 17-23 Learning at Work Week
- 21 World Meditation Day

June

- 01-30 Pride Month
- 14-20 Men's Health Week
- 21-30 World Wellbeing Week
- 21 International Day of Yoga
- 14-18 BNF Healthy Eating Week

July

- 30 International Friendship Day

August

- 05 Cycle to Work Day

September

- 06-12 Know Your Numbers Week (blood pressure)
- 10 World Suicide Prevention Day
- 22 National Fitness Day
- 24 Macmillan Coffee Morning

October

- 01-31 Black History Month
- 01-31 Stoptober
- 01-31 National Cholesterol Month
- 01-31 Breast Cancer Awareness
- 10 World Mental Health Day
- 11-15 National Work-Life Week
- 18 World Menopause Awareness

November

- 01-30 Movember - Men's Health Awareness
- 01-05 International Stress Awareness Week
- 13 World Kindness Day
- 15-22 Alcohol Awareness Week
- 19 International Men's Day

December

- 01 World Aids Day
- 02-08 Grief Awareness Week