

Your Journey to Wellness

Make your main trip in 2020 a journey to wellness



ASTONLARK



DRY JANUARY

Start your year off with Dry January, leaving behind Christmas' excess drinking



FESTIVAL OF SLEEP - 3RD JANUARY

A focus on the benefits of a good sleep pattern



STIQ DAY - 14TH JANUARY

Promoting sexual health and the importance of testing



NATIONAL HEART MONTH

The British Heart Foundation works to raise awareness on heart disease



WORLD CANCER DAY - 4TH FEBRUARY

International day to raise awareness of cancer and its prevention



TIME TO TALK DAY - 6TH FEBRUARY

Breaking down the stigma of mental health by getting people talking



NATIONAL NO SMOKING DAY - 13TH MARCH

Why not challenge your staff to stop smoking for the day?



WORLD SLEEP DAY - 13TH MARCH

A call to action on important sleep issues



NUTRITION AND HYDRATION WEEK - 16TH-22ND MARCH

To highlight ways to improve nutrition and hydration



Research* shows there is a strong correlation between the physical and mental health of employees and how they perform at work.

As a result, health & wellbeing is becoming an increasing focus for employers of all sizes. Our roadmap highlights some key dates and events to be aware of in the first quarter of 2020. Dominic Perry of Aston Lark Employee Benefits is available to assist you on your journey to wellness.

Call **0207 543 2817** or email **dominic.perry@astonlarkeb.com**.

www.astonlark.com/wellbeing

*Research done by Vitality and the Financial Times

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