


Your Journey to Wellness




ASTONLARK

Make your main trip in 2020 a journey to wellness


 **STRESS AWARENESS MONTH**
Highlighting awareness of both causes and cures for stress

 **MULTIPLE SCLEROSIS WEEK - 6TH-22ND APRIL**
Raising awareness of MS


 **DEMENTIA AWARENESS WEEK - 15TH-21ST MAY**
Raising awareness of dementia and how to help

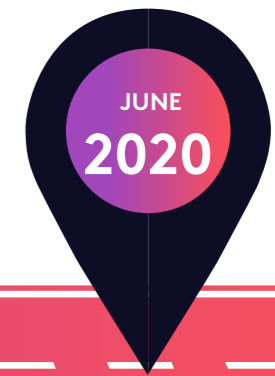
 **NEURODIVERSITY CELEBRATION WEEK - 16TH-20TH MAY**
Celebrating the strengths of people with autism, ADHD, dyslexia and dyspraxia

 **MENTAL HEALTH AWARENESS WEEK - 18TH-24TH MAY**
Raising awareness and tackling the stigma of mental health issues

 **HEALTHY EATING WEEK - 10TH-14TH JUNE**
Campaign to help focus on healthy eating

 **CARERS WEEK - 10TH-16TH JUNE**
Awareness for carers and the difficulties they face

 **INTERNATIONAL DAY OF YOGA - 21ST JUNE**
Raising awareness of the physical and mental benefits of practising yoga



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 second quarter of 2020. Dominic Perry of Aston Lark Employee Benefits is available to assist you on your journey to wellness.

Call **020 7543 2817** or email dominic.perry@astonlarkeb.com

www.astonlark.com/wellbeing

*Research by Vitality and the Financial Times

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AL-EB-012-0420