


# Your Journey to Wellness



Make your main trip in 2020 a journey to wellness




**ASTONLARK**


 **STOPTOBER - ALL OCTOBER**  
Campaign to help people stop smoking

 **NATIONAL WORK/LIFE WEEK - 12TH-16TH OCTOBER**  
Raising awareness for the importance of a work/life balance


 **WORLD MENTAL HEALTH DAY - 10TH OCTOBER**  
Highlighting the importance of mental health treatment


 **MOVEMBER - ALL NOVEMBER**  
Fundraising campaign to help raise awareness of men's health

 **NATIONAL STRESS AWARENESS DAY - 4TH NOVEMBER**  
Day to highlight the dangers of and treatment for stress

 **ALCOHOL AWARENESS WEEK - 16TH-22TH NOVEMBER**  
Campaign to get people thinking about drinking

 **WORLD AIDS DAY - 1ST DECEMBER**  
Fundraising campaign to raise awareness of and provide education on HIV/AIDS

 **NATIONAL GRIEF AWARENESS WEEK - 2ND-7TH DECEMBER**  
Normalising grief and encouraging people to talk about this typically uncomfortable subject

 **INTERNATIONAL DAY OF PERSONS WITH DISABILITIES - 3RD DECEMBER**  
Promoting empowerment and helping to create real opportunities for people with disabilities



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

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[www.astonlark.com/wellbeing](http://www.astonlark.com/wellbeing)

\*Research by Vitality and the Financial Times

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