

Your Journey to Wellness



ASTONLARK

Make your main trip in 2021 a journey to wellness



DRY JANUARY - 1st-31st

A one-month booze-free challenge that helps millions in the UK reset their relationship with alcohol.



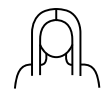
WALK YOUR DOG MONTH - 1st-31st

This campaign is the perfect excuse to combine your daily exercise with valuable bonding time with your dog!



STIQ DAY - 14th

STIQ Day was launched to get people talking about their sexual health and encourage regular checks.



CERVICAL CANCER PREVENTION WEEK - 18th-24th

A week that aims to educate people on cervical cancer and provide guidance on how to reduce the risks.



NATIONAL HEART MONTH - 1ST-28th

A month that aims to improve the nation's awareness of heart problems and conditions.



WORLD CANCER DAY - 4th

World Cancer Day aims to raise awareness, improve education and act as a catalyst for collective action.



TIME TO TALK DAY - 6th

A day that encourages people to take the time to talk about their mental health and be more open with their struggles.



RANDOM ACTS OF KINDNESS DAY - 17th

Random Acts of Kindness Day was created to encourage people to work together in making kindness the norm.



OVARIAN CANCER AWARENESS MONTH - 1st-31st

A month dedicated to raising awareness and funds for ovarian cancer to help ensure more women are diagnosed early.



DECHOX 2021 - 1st-31st

A month where chocoholics unite to raise money for life-saving heart disease research, by giving up anything containing cocoa!



WORLD HEARING DAY - 3rd

World Hearing Day is held every year to raise awareness of ways to prevent hearing loss and promote ear care worldwide.



WORLD ORAL HEALTH DAY - 20th

A day which strives to empower people with tools, knowledge and an overall confidence to secure good oral health.



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 2021. 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

Aston Lark Employee Benefits Limited is registered in England and Wales, No. 02792080. Registered office: Ibex House, 42-47 Minorities, London, EC3N 1DY. Aston Lark Employee Benefits is authorised and regulated by the Financial Conduct Authority.

AL-EB-012-1220