

# Your Journey to Wellness



**ASTONLARK**

Make your main trip in 2021 a journey to wellness



## STRESS AWARENESS MONTH

A month dedicated to raising awareness of both the causes and cures for stress.



## WALK TO WORK DAY - 2 APRIL

A chance to change your routine and see how a slower start to the day can positively affect your lifestyle.



## WORLD HEALTH DAY - 7 APRIL

This campaign aims to create awareness of a specific health theme to highlight an area of concern for the World Health Organisation.



## MENTAL HEALTH AWARENESS WEEK - 10-16 MAY

This week provides an opportunity for people to talk about mental health and focuses on where you can receive help and advice.



## INTERNATIONAL NURSES DAY - 12 MAY

An international day observed globally to promote the profession and to celebrate the contribution nurses make to society.



## DEMENTIA ACTION WEEK - 17-23 MAY

Dementia Action Week is a national event where the public take action to improve the lives of people affected by dementia.



## CARERS WEEK - 7-13 JUNE

Carers Week is an annual campaign that looks at the challenges unpaid carers face and supports the contributions they make throughout the UK.



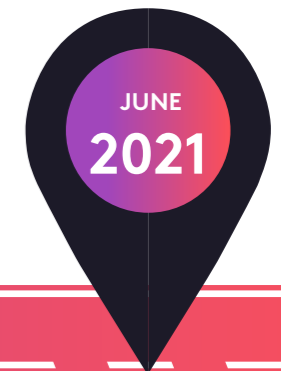
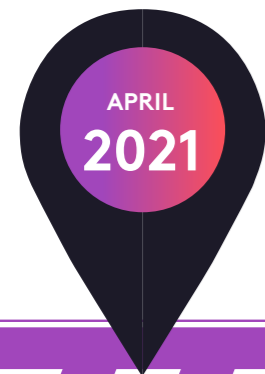
## CERVICAL SCREENING AWARENESS WEEK - 14-20 JUNE

An annual event dedicated to highlighting the importance of regular cervical screening for women.



## MEN'S HEALTH WEEK - 14-20 JUNE

This year's campaign will focus on the effects the Covid-19 pandemic has had on men's mental 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 second 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](mailto:dominic.perry@astonlarkeb.com)

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

\*Research by Vitality and the Financial Times

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