

Your Journey to Wellness



ASTONLARK

Make your main trip in 2021 a journey to wellness



STOPTOBER - 1-28 OCTOBER

A campaign that Public Health England runs every October to encourage Britain to quit smoking.



WORLD MENTAL HEALTH DAY - 10 OCTOBER

The Big Listen: A day dedicated to raising awareness for the important work the Samaritans carry out.



WORLD MENOPAUSE DAY - 18 OCTOBER

A day that aims to raise awareness of menopause and the support options available for improving health and wellbeing.



MOUTH CANCER ACTION MONTH - 1-30 NOVEMBER

A month that aims to raise awareness of mouth cancer and save lives through prevention and early detection.



MOVEMBER - 1-30 NOVEMBER

This month creates positive change for men's health and raises awareness by encouraging men to grow moustaches throughout November.



SOCIAL MEDIA KINDNESS DAY - 9 NOVEMBER

09 Nov: Social Media Kindness Day - This day was created to spread kindness online and make social media a kinder place for all.



WORLD AIDS DAY - 1 DECEMBER

A day dedicated to raising awareness and showing support for people living with HIV and AIDS.



NATIONAL GRIEF AWARENESS WEEK - 2-7 DECEMBER

This campaign was created to increase awareness of all aspects of grief and loss on a national scale.



CHRISTMAS JUMPER DAY - 10 DECEMBER

A day where millions of people in the UK wear a Christmas jumper to raise money for Save the Children.



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

www.astonlark.com/wellbeing

*Research by Vitality and the Financial Times

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