

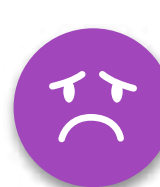



Your Journey to Wellness – Q1 2022

Click the icons to find out more information about each event


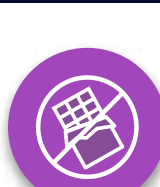


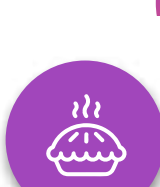
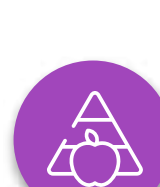

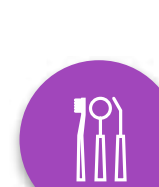
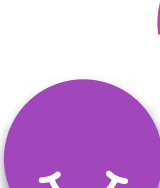

January

 Dry January All Month	 Walk Your Dog All Month	 World Braille Day 4th	 House Plant Week 10th - 16th
 STIQ Day 14th	 Blue Monday 17th	 Brew Monday 17th	 Energy Saving Week 17th - 23rd
 Cervical Cancer Week 17th - 23rd	 National Hugging Day 17th	 National Heart Month All Month	 Time to Talk Day 31st

February

 National Heart Month All Month	 Time to Talk Day 6th	 National Sickness Day 7th	 Apprenticeship Week 7th - 13th
 Sexual Abuse Awareness Week 7th - 13th	 Singles Awareness Day 15th	 Random Act of Kindness Day 17th	 World Thinking Day 22nd
	 Rare Disease Day 29th	 DeChox All Month	 Shrove Tuesday 1st

March

 Daffodil Appeal All Month	 DeChox All Month	 Zero Discrimination Day 1st	 No Smoking Day 9th
 British Pie Week 7th - 13th	 Nutrition and Hydration Week 14th - 20th	 Red Nose Day 18th	 Oral Health Day 20th
 International Day of Happiness 20th	 Day of Reflection 23rd		