

Your Journey to Wellness – Q2 2022

April

Bowel Cancer Month



Stress Awareness

All Month



Bowel Cancer Month

All Month



National Pet Month

All Month



Walk To Work Day

1st



Parkinsons Awareness

11th - 17th



Easter Sunday

17th



MS Awareness Week

18th - 24th



National Walking Month

All Month

May



National Walking Month

All Month



Skin Cancer Awareness

All Month



Maternal Mental Health

5th



Mental Health Awareness Week

9th - 15th



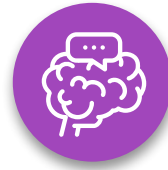
Eat What You Want

7th - 13th



International Nurses Day

12th



Dementia Action Week

16th - 22nd



Learning At Work Week

16th - 22nd



English Wine Week

23rd - 29th



SANDS Awareness Month

All Month



Pride Month

All Month

June



SANDS Awareness Month

All Month



Pride Month

All Month



Carers Week

6th - 12th



Cervical Screening Week

13th - 19th



Men's Health Week

13th - 19th