

2023 Wellbeing Calendar



PUTTING HEALTHY PERFORMANCE AT THE HEART OF BUSINESS IN 2023

January	February	March	April	May	June	July	August	September	October	November	December
DRY JANUARY VEGANUARY	LGBT HISTORY MONTH		STRESS AWARENESS MONTH	WALKING MONTH	PRIDE MONTH	DISABILITY PRIDE MONTH			BLACK HISTORY MONTH (UK)	MEN'S HEALTH AWARENESS MONTH	
16 Blue Monday	2 Time to Talk Day	3 Employee Appreciation Day	2 World Autism Acceptance Day	1-7 Deaf Awareness Week	10 Global Wellness Day	14 International Non-Binary People's Day	1-7 World Breastfeeding Week	10 World Suicide Prevention Day		2 Stress Awareness Day	1 World AIDS Day
	4 World Cancer Day	8 International Women's Day	7 World Health Day	7 World Laughter Day	12-18 International Men's Health Week	17 World Day for International Justice	4 Cycle to Work Day	25-29 International Happiness at Work Week	2-6 Work Life Week	11 Remembrance Day	3 International Day of People with Disabilities
		13-19 Neurodiversity Celebration Week		8-14 Black Inclusion Week	12-18 Loneliness Awareness Week	18 International Nelson Mandela Day		21 World Gratitude Day	2-8 Back Care Awareness Week	13 World Kindness Day	10 Human Rights Day
22 Lunar New Year		13-19 Nutrition & Hydration Week	22 Earth Day		19-25 Learning Disability Week		30 Grief Awareness Day		10 World Mental Health Day	13-19 Self Care Week	20 International Solidarity Day
27 Parental Mental Health Day		20 World Happiness Day	27 On Your Feet Britain	15-21 Mental Health Awareness Week	26-2 World Wellbeing Week	30 International Day of Friendship		25-1 National Inclusion Week	18 World Menopause Day		

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Let's talk wellbeing.

Get in touch