

## JANUARY

### BLUE MONDAY

Seasonal affective disorder (S.A.D)

Financial wellbeing

Nutrition & Exercise

## FEBRUARY

### TIME TO TALK DAY

What is mental health?

Men and mental health

Dealing with conflict in the workplace

## MARCH

### INTERNATIONAL WOMEN'S DAY NEURODIVERSITY WEEK

Menopause at work

Neurodiversity

Womens health

## APRIL

### STRESS AWARENESS MONTH

Sleep

Stress & stress management tips

Personal resilience  
#bemoresquirrel

## MAY

### WOMENS HEALTH MENTAL HEALTH AWARENESS WEEK

What is mental health?

Menopause

Womens health

## JUNE

### MENS HEALTH WEEK

Mens health

Testicular cancer

Prostate cancer

Nutrition and exercise

## JULY

### TALK TO US MONTH

Alcohol awareness

Having mental health conversations with confidence

## AUGUST

### WELLNESS MONTH

Self-care

Managing stress

Promoting healthy routines

## SEPTEMBER

### WORLD SUICIDE PREVENTION DAY

Suicide awareness and prevention

## OCTOBER

### WORLD MENTAL HEALTH DAY & MENOPAUSE DAY

Mental health awareness

Menopause

## NOVEMBER

### STRESS MOVEMBER & TRANSGENDER AWARENESS

Mens health

Transgender awareness

## DECEMBER

### THE FESTIVE SEASON

Seasonal affective disorder (S.A.D)

Loneliness

Promoting healthy routines

DATE	EVENT	SLOTS
16 Jan	<b>BLUE MONDAY</b>	
2 Feb	<b>TIME TO TALK DAY</b>	
8 March 13-19 March	<b>INTERNATIONAL WOMEN'S DAY NEURODIVERSITY AWARENESS WEEK</b>	
April	<b>STRESS AWARENESS MONTH</b>	
9-15 May 15 - 21 May	<b>WOMEN'S HEALTH WEEK MENTAL HEALTH AWARENESS WEEK</b>	
12 - 18 June 13 - 17 June	<b>MENS HEALTH WEEK LONELINESS AWARENESS WEEK</b>	
1-30 July 3-9 July	<b>TALK TO US MONTH ALCOHOL AWARENESS WEEK</b>	
1 -31 August	<b>WELLNESS MONTH</b>	
10 September 25 September	<b>WORLD SUICIDE PREVENTION DAY NATIONAL FITNESS DAY</b>	
10 October 18 October	<b>WORLD MENTAL HEALTH DAY MENOPAUSE DAY &amp; AWARENESS MONTH</b>	
1 - 30 Nov 2 Nov 13 - 19 Nov	<b>MOVEMBER NATIONAL STRESS AWARENESS DAY TRANSGENDER AWARENESS</b>	
2 - 8 Dec	<b>GRIEF AWARENESS WEEK</b>	



*Flexible time slots available*

*Interactive online workshops*

*Unlimited delegates*

*Prices from £400 per session*

*Post-session summary of themes and key  
learnings*

**TO BOOK**

*Email: [kirstine@bmrhealthandwellbeing.co.uk](mailto:kirstine@bmrhealthandwellbeing.co.uk)*

*Call: 01908 107255*

*Whatsapp: +44 (7854) 134847*