

# Benenden Health's health and wellbeing calendar for the second half of 2023

Use this health and wellbeing calendar to plan out a happy and healthy 2023 for your team. Each month has key health and wellbeing dates plotted in, along with practical suggestions to help you to bring the dates to life for your organisation.

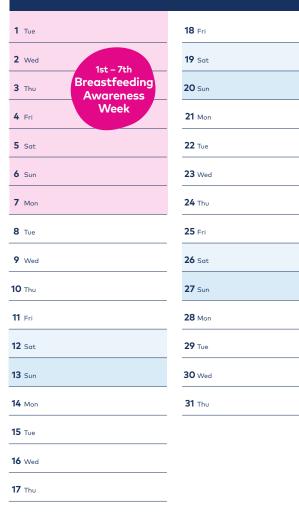
## July

**The month of sustainability** – show your team how we can all look after our planet in achievable ways.

1 Sat	18 Tue Plastic-free	
<b>2</b> Sun	19 Wed Month	
3 Mon	20 Thu Gift your team with reusable coffee cups	
4 Tue	21 Fri and run a competition to track how many	۱
5 Wed 3rd - 9th Alcohol Awgreness	22 Sat disposable cups are saved during the mon	th.
6 Thu Week	<b>23</b> Sun	
<b>7</b> Fri	<b>24</b> Mon	
<b>8</b> Sat	<b>25</b> Tue	
<b>9</b> Sun	<b>26</b> Wed	
<b>10</b> Mon	<b>27</b> Thu	
<b>11</b> Tue	<b>28</b> Fri	
<b>12</b> Wed	<b>29</b> Sat	
<b>13</b> Thu	30 Sun World Friendship Day	,
<b>14</b> Fri	<b>31</b> Mon	
<b>15</b> Sat		
<b>16</b> Sun		
<b>17</b> Mon	_	

## August

**The month of the working parent** – acknowledge the dual role parents play and the challenges many face over the summer holidays by looking at how your workplace can support them when they have additional childcare duties.



## September

Notes:

The month of physical check ups – stay well by being alert to changes in your body and encourage your team to seek medical advice if something doesn't look or feel right.



Notes:

#### Notes:

### October

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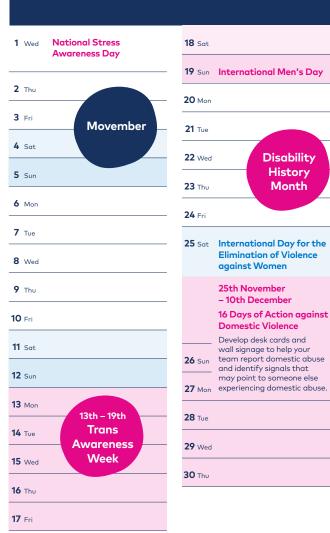
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The month of better habits – support your team with smoking cessation, alcohol management and better eating habits through tools and professional.

Sun	16 Mon Restart a Heart Day
Mon	<b>17</b> Tue
Tue	18 Wed International Pronouns Day World Menopause Day
Wed	
2nd – 6th Thu National	<b>19</b> Thu
Fri Week	20 Fri
Sat	21 Sat
Sun	<b>22</b> Sun
	<b>23</b> Mon
Mon	<b>24</b> Tue
Tue World Mental Health Day Ask your team members to buddy up and take an additional break to check in	<b>25</b> Wed
on a colleague.	<b>26</b> Thu
Wed	27 Fri Black
Thu	28 Sat Month
Fri	29 Sun
Sat	<b>30</b> Mon
Sun	<b>31</b> Tue

## November

The month of empathy – link up with local schools and care homes to arrange volunteering days and give back to the local community.



## December

**The month of giving** – during the festive month, encourage your team to fundraise to provide a Christmas Day for those in the community who are likely to go without. You could create a Christmas dinner Hamper, or donate toys and presents to a local charity.

1 Fri	<b>17</b> Sun
<b>2</b> Sat	<b>18</b> Mon
3 Sun International Day of People with Disabilities	19 Tue Disability History
	20 Wed
4 Mon	21 Thu Offer a Q&A forum with a
5 Tue	disability advocate for your team to ask questions and understand the experience
6 Wed	of those working in their organisation or similar organisations with a disability.
<b>7</b> Thu	24 Sup
8 Fri	25 Mon
<b>9</b> Sat	
10 Sun Human Rights Day	<b>26</b> Tue
<b>11</b> Mon	<b>27</b> Wed
12 Tue	<b>28</b> Thu
13 Wed	<b>29</b> Fri
	<b>30</b> Sat
<b>14</b> Thu	<b>31</b> Sun
<b>15</b> Fri	
<b>16</b> Sat	

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