

NHS Health Awareness Days 2021

<https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/understanding-your-data/calendar-of-national-campaigns>

Below is a list of the popular NHS health awareness days. Each is matched with our relevant webinar.

- Jan Dry Jan ([Alcohol awareness webinar](#))
- 4 Feb Time to talk day ([Brain Food webinar](#))
- 19 Mar World **sleep** day ([Eat to sleep webinar](#))
- Apr **Stress** awareness month ([Improving resilience webinar](#))
- 7 Apr World **health** day ([Bitesize basic webinar](#))
- 10-16 May **Mental health** awareness week ([Brain food webinar](#))
- 14-20 Jun **Nutrition** and hydration week ([Bitesize basics webinar](#))
- 14-20 Jun **Men's health** week ([Men's Health webinar](#))
- 7-13 Sep Know your numbers week (**blood pressure, cholesterol**) ([Healthy heart webinar](#))
- 28 Sep-4 Oct BNF **healthy eating** week ([Bitesize basics webinar](#))
- Oct **Stoptober** ([Smoking cessation webinar](#))
- 10 Oct World **mental health** day ([Brain food webinar](#))
- 18 Oct World **menopause** day ([Managing Menopause webinar](#))
- 1 Nov **Stress** awareness week ([Improving resilience webinar](#))

Each webinar is LIVE, unlimited audience, and we permit you to record the webinar at no additional cost for colleagues who were unable to attend.

For our webinar pricing please visit <https://www.natural-alternative.co.uk/nutrition-webinars/>

Email us info@natural-alternative.co.uk to book your webinar.