

Jan	1 Feb	8 Mar	11-17 Mar	18-24 Mar	15 Mar	Apr
Dry January Alcohol Awareness webinar	Time To Talk Day Brain Food webinar	International Women's Day Women's Health webinar	Nutrition & Hydration Week Bitesize Basics webinar	Neuro-diversity Week Nourishing Neuro-diversity webinar	World Sleep Day Eat To Sleep webinar	Stress Awareness Month Improving Resilience webinar
15-21 May	10-14 Jun	12-18 Jun	4-10 Sep	25 Sep	Oct	10 Oct
Mental Health Awareness Improving Resilience webinar	Healthy Eating Week Bitesize Basics webinar	Men's Health Week Men's Health webinar	Know Your Numbers Healthy Heart webinar	National Inclusion Week Nourishing Neurodiversity webinar	Cholesterol Month Controlling Cholesterol webinar	World Mental Health Day Brain Food webinar
18 Oct	Nov	6 Nov	14 Nov			
World Menopause Day Menopause Awareness webinar	Movember Men's Health webinar	Stress Awareness Day Improving Resilience webinar	World Diabetes Day The Sugar Balance webinar			

Health & wellbeing planning 2024

National health & wellbeing awareness days. We've matched each event with one of our webinars/seminars. Contact us for information:

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