

Health and Wellbeing 2017



January

Your Mental Health

Stress & anxiety

Everyday life
(sleep, drugs, alcohol
finances, loneliness)



February

Pain Management

Look after your heart

Avoid RSI

How to prevent pain



March

Cancer Awareness

What we should all know

When loved ones or
colleagues are diagnosed



April

Your Health

Men's health

Women's health

Oral health, Eyes, Skin & Hair



May

Activity Challenge

Let's get active!

Dangers of being
sedentary



June

Mindfulness and Resilience

How to be more mindful

Become more resilient



July

Looking After Our People

Pregnancy advice

Help for carers

Children & baby health



August

Diet and Nutrition

You are what you eat

Diabetes awareness



September

Healthy Aging and Dementia

Dementia and
Alzheimer's awareness

Coping with loved
ones affected



October

Commitment Month

Make your plan

Share ideas and
Encourage colleagues



November

Mental Health

Stress

Anxiety

Depression



December

Advent Calendar

A host of health and
wellbeing ideas



Be more aware



Be kind to
your mind



Healthy eating



Be more active