

# 2020 Wellbeing Awareness Calendar

With health and wellbeing a hot topic issue of the moment, it also ties in with some of the services offered by insurers Early Intervention Programmes. Here's a note of some events to aid in raising awareness of the importance of employee wellbeing.

To discuss this or your benefits offering further, please contact Ascot Lloyd on 01423 523311 or email your enquiry to [ebs@ascloyd.co.uk](mailto:ebs@ascloyd.co.uk)

January 2020

Dry January  
Brew Monday

February 2020

World Cancer Day  
Toothache Day

March 2020

International Women's Day  
National No Smoking Day

April 2020

Autism Awareness  
World Parkinson's Day

May 2020

National Epilepsy Week  
Thyroid Awareness Week

June 2020

Bike To Work Week  
Arthritis Day

July 2020

National Picnic Month  
Samaritans Awareness Day

August 2020

International Youth Day  
National Left Hander Day

September 2020

Suicide Awareness Day  
World's Biggest Coffee Morning

October 2020

World Mental Health Day  
Back Care Awareness Week

November 2020

Trustees Week  
Anti Bullying Week

December 2020

Christmas Jumper Day  
AIDS Awareness Day

