

January	February	March	April	May	June	July	August	September	October	November	December
Dry January	National Heart Month	National Nutrition Month	Stress Awareness Month	Mental Health Awareness Month	10th June Global Wellness Day	Social Wellness Month	15th August National Relaxation Day	Self-Improvement Month	Emotional Wellness Month	November	15th December National Ugly Christmas Jumper Day
3rd January Mind-Body Wellness Day	2nd February Time to Talk Day	Ovarian Cancer Awareness Month	7th April Walk to Work Day	2nd May National Fitness Day	12th - 16th June Eating Healthy Week	Talk To Us Month		National Suicide Prevention Month	Breast Cancer Awareness Month	1st November National Stress Awareness Day	hero Tip : Financial Wellbeing can affect all areas of our health. For some practical tips on how to save money in the lead up to Christmas. Click Here
10th-16th January National Obesity Awareness Week	4th February World Cancer Day	17th March World Sleep Day	7th April World Health Day	14th - 20th May Women's Health Week	23rd June National Hydration Day	Good Care Month	<p>hero Tip : 4 steps to relaxation:</p> <ol style="list-style-type: none"> 1. Switch off your phone and make time for yourself. 2. Take ten long deep breaths, allowing your mind to calm. 3. Let go of any tension through gentle movement or yoga poses. 4. Pick a relaxing activity such as reading a book, listening to music or having a bath 	29th September World Heart Day	10th October World Mental Health Day	13th November World Kindness Day	
<p>hero Tip :</p> <p>Check out hero's Alcohol Awareness session with our Grey Area Drinking Coach. Click Here</p>	<p>hero Tip :</p> <p>Read our article on how to encourage positive conversations around Mental Health. Click Here</p>	<p>hero Tip :</p> <p>Tracking your sleep can provide valuable insights into your sleep patterns and behaviors, helping you identify and address factors that may be impacting it.</p>	<p>hero Tip :</p> <p>Check out the link to practice your Box Breathing technique. Click Here</p>	<p>hero Tip :</p> <p>hero's CPD Wellbeing Champions Training is a great tool to assist in bringing wellbeing to the forefront of your organisation. Find Out More</p>	<p>hero Tip :</p> <p>Click below to access one of our nutritious recipes available on our Navigator app. Click here</p> <p>Navigator also gives you the ability to upload and track your calories and other nutritional data. Find out more</p>	<p>hero Tip :</p> <p>Access hero's blog to understand how our health is interconnected Click Here</p>	<p>hero Tip :</p> <p>At hero we offer expert-led Health Assessments. To find out more and book your Healthy Heart Check. Click Here</p>	<p>hero Tip :</p> <p>Access our 'World Mental Health Day' toolkit to share across your organisation offering support to those who may be struggling. Click Here</p>	<p>hero Tip :</p> <p>At hero we offer research led, evidence-based education sessions across all four pillars of wellbeing. Get in touch to find out about our Men's Health offering. Find Out More</p>		