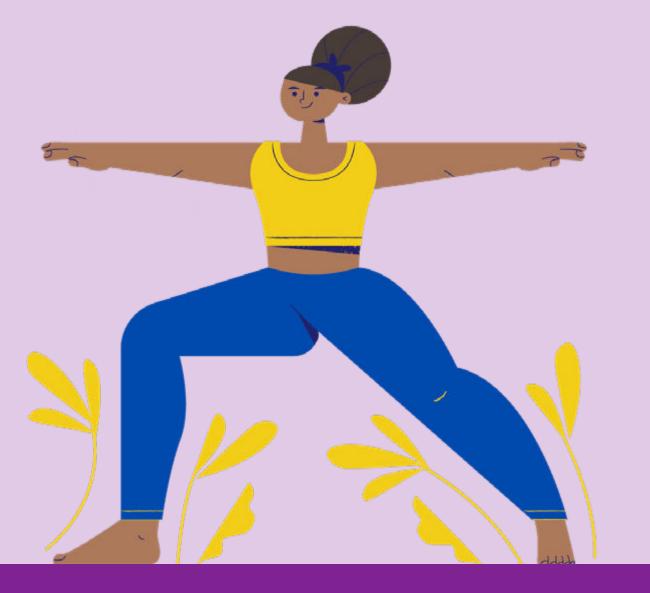
Reward & Wellbeing Calendar 2024

Month





National Wellness

Month

JAN FEB

MAR

1st - Employee

Appreciation Day

7th - World Book Day

8th - International

12th - Nutrition and

20th - International

Women's Day

Hydration Week

Day of Hapiness

APR

Stress Awareness

5th - Walk to Work Day

6th - National Employee

Month

Benefits Day

National Walking

Month

MAY

10th - Men's Health

1st - International Worker's Day (May Day)

6th - Deaf Awareness Week

1st - Volunteers Week

JUN

Week

21st - Bring Your Dog to Work Day

National Mentoring

3rd - Festival of Sleep Day

15th - Blue Monday

17th - Big Energy Saving Week

21st - National Hug Day

28th - Eating Disorders Awareness Week

1st - Time to Talk Day

Apprenticeship Week

11th - International

Day of Women & Girls

17th - Random Acts of

5th - National

in Science

Kindness Day

21st - World Water Day

DEC

JUL AUG SEP NOV OCT

7th - World Chocolate Day

8th - Cycle to Work Day

12th - International **27th** - International Youth Day

> 15th - National **Relaxation Day**

3rd - National Payroll Week

5th - International Day of Charity

10th - National Swap Ideas Day

15th - Pension Awareness Day

24th - UK Savings Week

National Cybersecurity Awareness Month

7th - National Work-Life Week

10th - World Mental Health Day

16th - World Boss's Day

21st - Recycle Week

National Career Development Month

4th - Living Wage Week

5th - International Stress Awareness Week

11th - Talk Money Week

18th - International Leadership Week

19th - International Men's Day

5th - International Volunteer Day

11th - International Workplace Day of Rememberance

13th - Christmas Jumper





15th - World Youth Skills Day

Safe Places to Work Day

30th - International Day of Friendship

7th - World Health Day **23rd** - International Women in Engineering **20th** - Learning at **9th** - National Pay Day **Equity Day** Work Week **24th** - World Wellbeing **22nd** - Earth Day **28th** - World Hunger Week Day