

WORKPLACE WELLNESS CALENDAR: Q3 2023

SUPPORTING HEALTHIER, HAPPIER PEOPLE

KEY RESOURCES TO SUPPORT YOU THROUGH Q3

Welcome to your workplace wellness calendar which is designed to support your internal wellbeing strategy, alongside the health benefits provided by Health Shield.

You'll find tips and resources from our experts to support workplace wellbeing and help your people thrive.

The resources available can be used to promote wellbeing and engage with your employees around key topics such as mind, lifestyle, health, money, as well as provide some support for line managers and HR teams.

If you need any help, you can speak to your account management team:

For our latest news and updates follow us on LinkedIn

How the calendar works

The next page features a calendar with some key upcoming awareness dates listed and links for you to find out more information about each of them.

In the 'Supporting Resources' column, you'll find links to content we have produced for you to share with your people. And in the 'Plan Your Activity' section you can jot ideas down for fitting this content into your workplace wellbeing strategy.

[CONTACT US](#)



JULY



Physical Activity Challenge

Share two exciting exercise challenges with your employees – one perfect for gym enthusiasts, and two quick ones to tackle at home. These challenges are crafted to suit everyone from beginners to regular exercisers. It's all about challenging yourself and reaching new personal heights.

Audience:
HR, wellbeing, and line managers
Employees

[DOWNLOAD NOW](#)

AUGUST



Sun Safety Fact Sheet

Share this quick fact sheet with some handy tips and reminders with your employees – it's packed with valuable information that'll keep everyone enjoying the summer sun safely.

Audience:
HR, wellbeing, and line managers,
Employees

[DOWNLOAD NOW](#)

SEPTEMBER






Know Your Numbers Webinar

Two of our fabulous wellbeing team members dive into the importance of health prevention and checks during Know Your Numbers Week. Watch this insightful conversation on how to stay proactive and maintain a healthier lifestyle.

Audience:
HR, wellbeing, and line managers
Employees

[WATCH NOW](#)

Q3: WELLBEING ENGAGEMENT

MONTH	AWARENESS DAYS	RESOURCES	PLAN YOUR ACTIVITIES
 JULY	<p>All month Talk To Us Month</p> <p>3rd - 9th Alcohol Awareness Week</p> <p>24th Self-Care Day</p>	<p>Blog: If you're feeling lonely, it's good to talk about it</p> <p>Quiz: Booze & Brews Trivia Bonanza!</p> <p>Tipsheet: Six Self-Care Tips for a More Balanced Working Day</p>	<p>VIEW</p> <p>VIEW</p> <p>DOWNLOAD</p>
 AUGUST	<p>All month Happiness Happens Month</p> <p>4th Cycle To Work Day</p>	<p>Blog: Why connecting with people is key for happiness</p> <p>Tipsheet: Active Travel Tips for a Healthier Body and Mind</p>	<p>VIEW</p> <p>DOWNLOAD</p>
 SEPTEMBER	<p>4th - 10th Know Your Numbers Week</p> <p>10th Suicide Prevention Day</p> <p>18th - 24th Eye Health Week</p>	<p>Tipsheet: Prevention and Early Intervention: The Key to Health</p> <p>Tipsheet: Seven Free Suicide Awareness Resources</p> <p>Tipsheet: Five Tips To Take Care Of Your Eyes At Work</p>	<p>DOWNLOAD</p> <p>DOWNLOAD</p> <p>DOWNLOAD</p>

EMPLOYEE ENGAGEMENT RESOURCES

Supporting health and wellbeing in your workplace all year round

We're adding new resources all the time that are designed to help you engage in health and wellbeing topics with employees and promote the health benefits provided by Health Shield.



Healthier, Happier, People

Help your workplace thrive with resources to share with employees designed to support their health and wellbeing.

[DISCOVER MORE](#)



Promotion Resources

From posters to social posts, all the assets you need to enlighten and engage your workforce about our employee health benefits.

[FOR EMPLOYER PAID PLANS](#)

[FOR VOLUNTARY PAID PLANS](#)



Discover more at healthshield.co.uk

WE'RE HERE FOR YOU

Supporting you and your people is our number one priority.

If you need any help, you can contact your Account Management team

[CONTACT US](#)

Discover more workplace wellbeing services at healthshield.co.uk/wellbeing