



Workplace Wellbeing Calendar 2024

Health & Wellness days and events you can use
as an inspiration for your organization's
wellbeing strategy.





February 2024

Heart-Centered Living Month

Self-love, Deepening Connections

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Feb 4

World Cancer Day

Feb 22

KSA Founding Day





Other wellbeing topics available include:



Financial wellbeing



Career and professional development



Nutrition, gut health and immunity



Leadership and team coaching



Pain relief



Preventative care, Proactive health

Would you like a different topic?

Speak to us. We'll do our best to source a Wellbeing Expert for any of your organization's needs!



Need help choosing the best wellbeing strategy for your organization?

Learn more how LVL Wellbeing can help your organization improve employee wellbeing.

[Request a Demo](#)



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