



Workplace Wellbeing Calendar 2024

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





March 2024

Sleep Awareness Month

Unlocking the Power of Rest

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	30	31

Mar 4	World Obesity Day
Mar 8	International Women's Day
Mar 12	Ramadan Starts*
Mar 13-19	Nutrition & Hydration Week

Mar 14	World Kidney Day
Mar 15	World Sleep Day
Mar 22	World Water Day
Mar 31	Easter

*subject to change





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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