



Workplace Wellbeing Calendar 2024

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





Optimal Health Odyssey

Navigating Wellness and Vitality

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	11	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sep 23

KSA National Day

Sep 25

World Dream Day

Sep 29

World Heart 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](#)



LVL Wellbeing
lvl-wellbeing.com

LVL Downtown, Standard Chartered
Tower, Dubai, United Arab Emirates

Let's connect

