



Workplace Wellbeing Calendar 2024

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





November 2024

Stress Awareness Month

Navigating Stress, Burnout, and Anxiety

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	

Nov 1	Diwali
Nov 3	UAE Flag Day
Nov 6	National Stress Awareness Day

Nov 13	World Kindness Day
Nov 14	World Diabetes Day
Nov 30	Commemoration 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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