



Workplace Wellbeing Calendar 2024

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





January 2024

New Year, Let's Go!

Cultivating Your Best Self: Thrive to Shine

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				

Jan 3

International
Mind - Body
Wellness Day

Jan 6

Orthodox
Christmas
Day

Jan 15

Blue
Monday

Jan 15

Brew Day





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





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





Stress Awareness Month

Your Key to Mastering Stress

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					

Apr 7

World
Health Day

Apr 10

Eid al-Fitr*

Apr 23

Earth Day

Apr 28

World Day for Safety
and Health at Work

*subject to change





May 2024

Mental Health Awareness Month

Breaking Stigma, Building Resilience

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		

May 5

Orthodox
Easter

May 6

International
No Diet Day

May 15-21

Mental Health
Awareness Week

May 29

World Digestive
Health Day

May 31

No Tobacco
Day





June 2024

Mindful Living

Cultivating Presence and Purpose

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

Jun 5

World
Environment
Day

Jun 8

World
Oceans
Day

Jun 16

Father's
Day (UK)

Jun 16-17

Eid al-Adha

Jun 21

International
Yoga Day





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](#)



July 2024

Self-Care Sanctuary

Nurturing Your Wellbeing

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	31				

Jul 7

KSA Muharram (Muslim New Year)

Jul 7

Al-Hijra (Islamic New Year)

Jul 30

International Friendship Day





August 2024

Happiness Unleashed

Cultivating Joy and Fulfillment

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	

Aug 8

Happiness Day

Aug 28

Emirati Women's Day





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





Mental Health Awareness Month

Nurturing Mental Health and Wellbeing

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			

Oct 5	Oct 10	Oct 13	Oct 18	Oct 31
World Teacher's Day	World Mental Health Day	Breast Cancer Awareness Day	World Menopause Day	Halloween





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





December 2024

Resilience and Renewal

Reflect, Recharge and Set Meaningful Goals

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					

Dec 2

UAE National Day

Dec 25

Christmas Day

Dec 31

New Year's Eve





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!



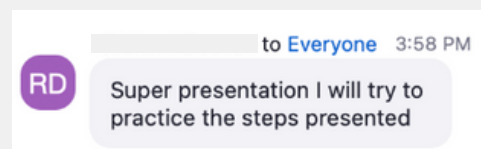
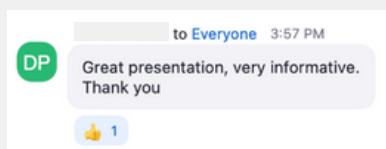
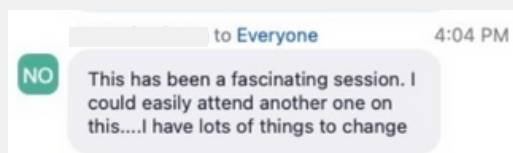
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Take this opportunity to offer personalized experiences, deepen employee engagement and improve their wellbeing.



Contact us to book:

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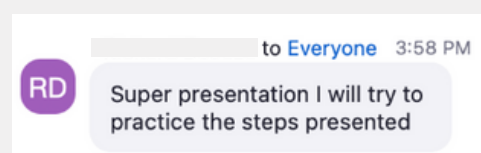
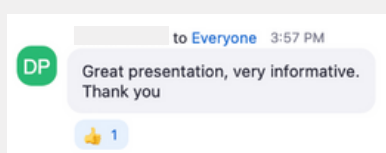
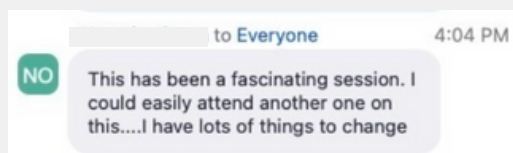
Booking Terms:

1. A minimum of 30-day notice is required to book an event with one of our coaches.
2. In the event of a cancellation within 72 hours/3 business days of the scheduled event, a cancellation fee equal to 100% of the total cost will be applied.
3. Events can be scheduled during following timeframes: Mon - Thur: 9am - 5pm & Fri: 9am - 1pm



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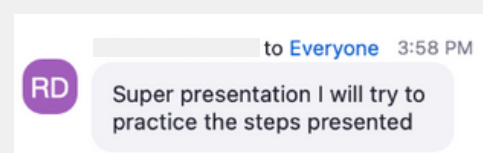
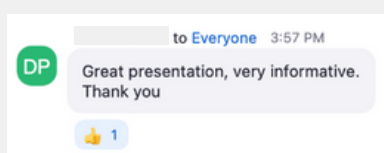
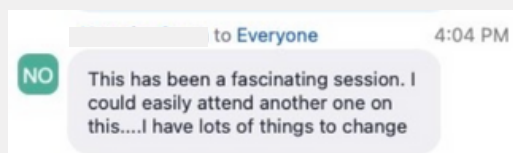
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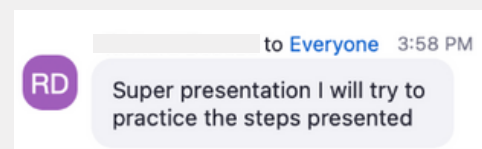
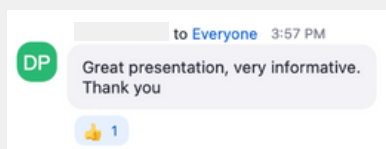
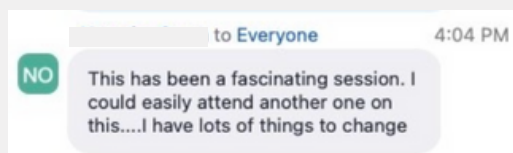
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LVL Wellbeing
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Let's connect

