



Health and Wellbeing Events Calendar 2019

January

New Years Resolutions
NHS Health Checks

February

Love Your Heart



March

No Smoking
NHS Health Checks



April

Travel Health/
Vaccinations



May

Mental Health Awareness
NHS Health Checks Osteoporosis/
PSA Testing

June

Sun Awareness



July

Hydration



August

Get Active!

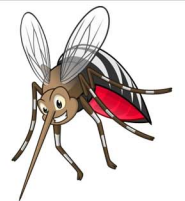


September 123

Know Your Numbers

October

Flu/ Winter Bugs



November

Men's Health
NHS Health Checks



December

Sleep

