

WellbeingZone - Promotional Calendar – January to March 2017

To assist you in promoting health & wellbeing to your employees and their families, please find below an overview of some of the key topics and events that will be covered in the coming weeks.

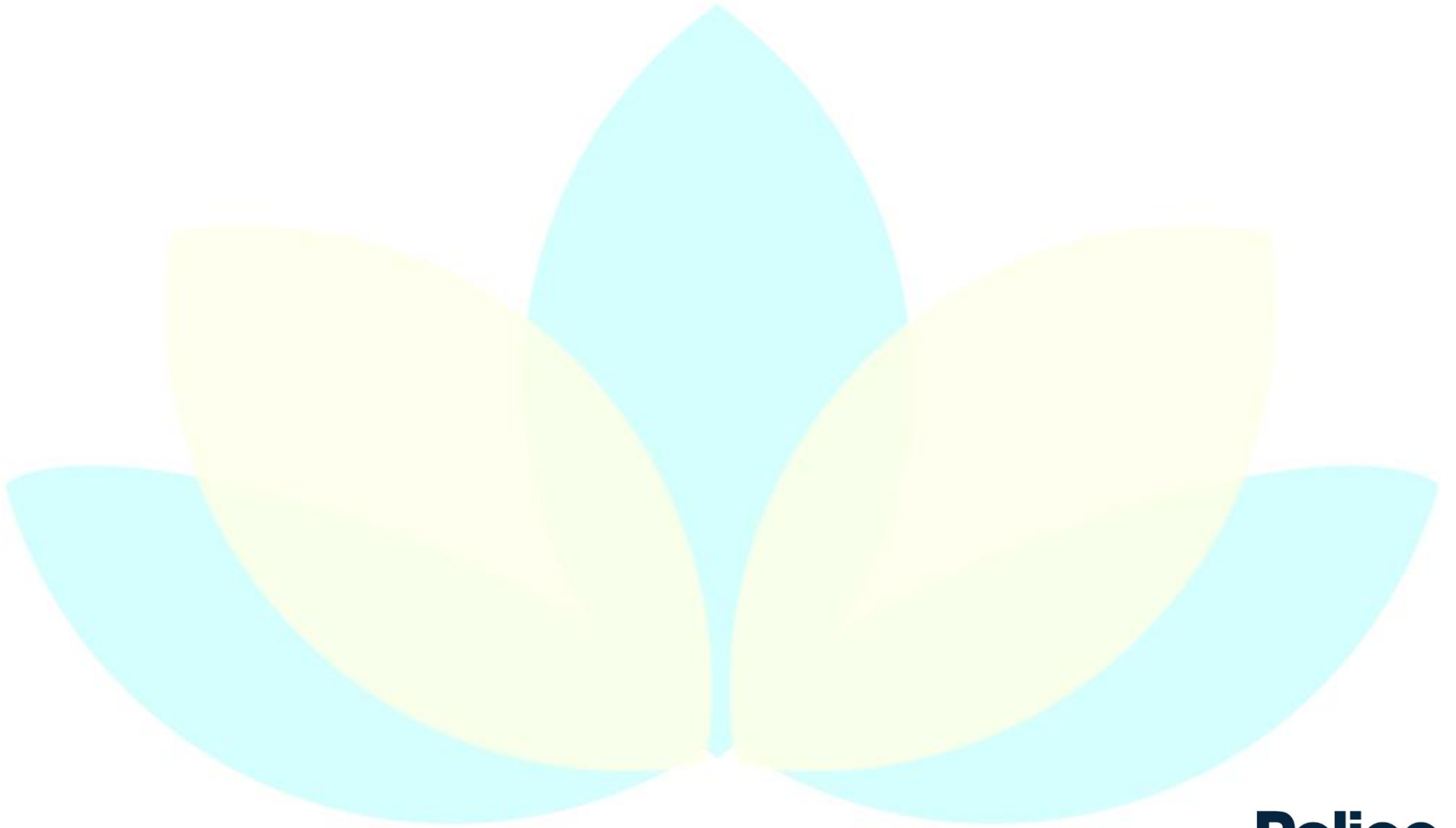
	January	February	March
Monthly Publicity Pack	<ul style="list-style-type: none"> • Theme: Alcohol • Tips for cutting down 	<ul style="list-style-type: none"> • Theme: Mental health • Improve your mental health 	<ul style="list-style-type: none"> • Theme: Smoking • Why quit?
Events	<ul style="list-style-type: none"> • Dry January 	<ul style="list-style-type: none"> • National Heart Month • Time to Talk Day • World Cancer Day 	<ul style="list-style-type: none"> • No Smoking Day • National Bed Month • World Salt Awareness Week • World Oral Health Day • DECHOX/British Heart Foundation
Key Topics include	<ul style="list-style-type: none"> • Advice for cutting down on alcohol • Alcohol - drink less, feel better • New Year, New Lifestyle, New You! • How to stay motivated to eat healthily • Beat the January Blues • Stressed out? Take 2 minutes to relax 	<ul style="list-style-type: none"> • Reduce stress in your life • Tips for managing your time • Lunch box tips for busy people • How to be a healthy weight • Ways to burn 200 calories • Quick tips for being more active 	<ul style="list-style-type: none"> • Stub it out! • The dangers of second-hand smoke • Why salt is bad for you? • High blood pressure & how to reduce it • How much coffee is safe? • Stress and the Mind

Please note that the Promotional Calendar may be subject to change. Dates for Events are occasionally altered by the organisers.

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Go to www.asps.wellbeingzone.co.uk and enter your **Username & Password** if you have already created your account.

New User? Just click 'Sign Up' and enter the following **Organisation Code** to get started: **ASPS1**



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