

# Wellness Calendar 2024

Find memorable moments to celebrate with your team and boost employee wellness throughout the year.

## Q1

coverage  
7 occasions  
22 experiences



### January

JAN 3  
**International Mind-Body Wellness Day** →

JAN 8  
**National Clean Your Desk Day** →

JAN 10  
**Houseplant Appreciation Day** →

JAN 26  
**National Have Fun at Work Day** →

### February

FEB 14  
**World Sound Healing Day** →

### March

MAR 1 - MAR 31  
**National Nutrition Month** →

MAR 1  
**National Employee Appreciation Day** →

## Q2

coverage  
8 occasions  
69 experiences



### April

APR 1 - APR 30  
**Stress Awareness Day** →

APR 22  
**Earth Day** →

### May

MAY 1 - MAY 31  
**Mental Health Awareness Month** →

MAY 4  
**National Fitness Day** →

MAY 5  
**World Laughter Day** →

MAY 30  
**National Creativity Day** →

### June

JUN 1 - JUN 30  
**Professional Wellness Month** →

JUN 21  
**Yoga Day** →

## Q3

coverage  
4 occasions  
4 experiences



### July

JUL 1 - JULY 31, 2024  
**Self-Care Month** →

### August

AUG 15  
**National Relaxation Day** →

### September

SEP 1 - SEP 30  
**Self-Improvement Month** →

SEP 21  
**National Dance Day** →

## Q4

coverage  
5 occasions  
6 experiences



### October

OCT 1  
**World Mental Health Day** →

### November

NOV 1 - NOV 30  
**World Kindness Month** →

NOV 1 - NOV 30  
**Vegan Month** →

NOV 6  
**National Stress Awareness Day** →

### December

DEC 4  
**Extraordinary Work Team Recognition Day** →

## Start Your Employee Wellness Journey

Contact [plan@withconfetti.com](mailto:plan@withconfetti.com) to plan ahead and lock in your team building events at a discounted rate.

Get in Touch

