











Way to Wellbeing

MENTAL WEALTH CALENDAR

MARCH 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	1	2	3 World Wildlife Day 	4	5	6
7 Be Heard Day 	8	9	10 Newsletter release 	11	12	13
14 Learn about Butterflies Day 	15	16	17	18 World Sleep Day 	19	20 International Day of Happiness 
21 World Poetry Day 	22	23	24	25	26	27
28	29	30 Walk in the Park Day 	31			

THEME

Are you getting enough sleep? This month we take a look at how sleep affects our wellbeing, what we can do to promote quality sleep and the impact disturbed sleep, or simply not getting enough sleep, can have on both physical and mental health.