

Health and Wellbeing

January 2023

Themes for the month include:

World Braille Day
(4 January 2023)
<https://nationaltoday.com/world-braille-day/>

Blue/Brew Monday
(16 January 2023)
<https://www.samaritans.org>

Cancer Talk Week
(23-27 January 2023)
<https://nationaltoday.com/cancer-talk-week/>

Cervical Cancer Awareness Month (23-29 January 2023)
<https://www.jostrust.org.uk>

Dry January - "Love Your Liver" month
<https://britishlivertrust.org.uk/love-your-liver-month/>

<https://alcoholchange.org.uk/>

Veganuary awareness month
<https://veganuary.com/>



Humber Learning Consortium Learning Hub



For more information on Health & Wellbeing topics click on the link, using the password: HLC2022
<https://www.hlc-vol.org/learning-hub/>



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