

# Health and Wellbeing

## March 2023

Themes for the month include:

Ovarian Cancer Awareness Month  
<https://targetovariancancer.org.uk>  
<https://ovarian.org.uk/march-ovarian-cancer-awareness-month/>

University Mental Health Awareness Day 3 March 2023  
#UniMentalHealthDay  
<https://www.unimentalhealthday.co.uk>

World Hearing Day 3 March 2023  
<https://www.who.int/campaigns/>

No Smoking Day 8 March 2023  
<https://www.thereisadayforthat.com/holidays/united-kingdom/no-smoking-day>  
  
<https://www.nhs.uk>

Neurodiversity Celebration Week 13 – 19 March 2023  
#NeuroDiversityCelebrationWeek  
<https://www.neurodiversityweek.com/>

World Sleep Day 17 March 2023  
#WorldSleepDay  
<https://worldsleepday.org/>

International Day of Happiness and Wellbeing 20 March 2023  
#InternationalDayOfHappiness  
<https://nationaltoday.com/international-day-happiness/>

World Autism Acceptance Week 27 March – 2 April 2023  
#AutismAcceptanceWeek  
<https://www.autism.org.uk>

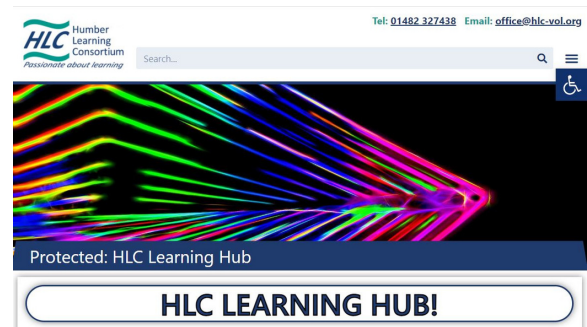


World Purple Day for Epilepsy Awareness 26 March 2023  
<https://www.epilepsy.org.uk/purple>

World Bi-Polar Awareness Day 30 March 2023  
#WorldBipolarDay  
<https://www.rethink.org>



## 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/>



<https://www.hlc-vol.org/>

