

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

March Newsletter 2024

Themes for the month include:

Ovarian Cancer Awareness Month
www.ovarian.org.uk

Employee Appreciation Day 1 March
www.nationaltoday.com

International Women's Day 8 March
www.internationalwomensday.com

No Smoking Day 13 March
#NoSmokingDay
www.bhf.org.uk

World Sleep Day 15 March 2024
www.worldsleepsociety.org

Nutrition and Hydration Week 11-17 March 2024
www.nutritionandhydrationweek.co.uk

International Day of Happiness and Wellbeing 20 March 2024
#InternationalDayOfHappiness
www.nationaltoday.com

World Autism Acceptance Week 25-31 March 2024
www.autism.org.uk

If you, or your participants are facing financial difficulty please see the links below:
www.citizensadvice.org.uk www.nationaldebtline.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/>



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