

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

April Newsletter 2024

Themes for the month include:

Stress Awareness Month
[Stress Management Society](#)

World Autism Acceptance Day April 2
www.autism.org.uk

World Health Day April 7
www.who.int/campaigns

Earth Day April 22
www.earthday.org/earth-day-2024

On Your Feet Britain April 25
#Movemore #Sitless
yo-yodesk.co.uk

Lesbian Visibility Day
April 26
Recognises and celebrates the contributions of lesbians.
www.lesbianvisibilityweek.com

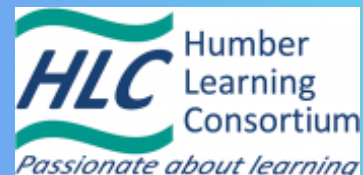
World Health & Safety Day At Work
April 28
www.amtrustfinancial.com

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/>



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

