

## 2024 TELUS Health Wellbeing Calendar

[Register for Webinars: 2024 Wellbeing Calendar](#)

<p><b>January – <i>Renew and reset for the new year</i></b></p> <ul style="list-style-type: none"> <li>12<sup>th</sup>: Today's financial trends</li> <li>26<sup>th</sup>: Dealing with change for families</li> </ul>	<p><b>February – <i>Taking control of your health: The physical and mental connection</i></b></p> <ul style="list-style-type: none"> <li>9<sup>th</sup>: Financial fitness</li> <li>23<sup>rd</sup>: Compassion fatigue</li> </ul>	<p><b>March – <i>Women's health: Taking control of your wellbeing</i></b></p> <ul style="list-style-type: none"> <li>8<sup>th</sup>: Mindful meditation</li> <li>22<sup>nd</sup>: Staying connected in today's digital world</li> </ul>
<p><b>April – <i>Understanding neurodiversity</i></b></p> <ul style="list-style-type: none"> <li>5<sup>th</sup>: Mentally healthy culture: A focus on workplace wellbeing</li> <li>19<sup>th</sup>: Loneliness</li> </ul>	<p><b>May – <i>Mental health &amp; children</i></b></p> <ul style="list-style-type: none"> <li>3<sup>rd</sup>: Increasing mental toughness</li> <li>17<sup>th</sup>: Parenting your teen: Managing conflict and problem solving</li> </ul>	<p><b>June – <i>Eco-anxiety: How to cope when the future looks bleak</i></b></p> <ul style="list-style-type: none"> <li>14<sup>th</sup>: Community and giving back: Leaving our footprints</li> <li>28<sup>th</sup>: Perfectionism</li> </ul>
<p><b>July – <i>Practicing self-compassion</i></b></p> <ul style="list-style-type: none"> <li>12<sup>th</sup>: Kindness</li> <li>26<sup>th</sup>: Motivate, recognize and energize employees</li> </ul>	<p><b>August – <i>Courage to change: Guidance for substance use</i></b></p> <ul style="list-style-type: none"> <li>9<sup>th</sup>: Bullying and violence in the workplace</li> <li>23<sup>rd</sup>: Art of giving feedback</li> </ul>	<p><b>September – <i>Streamlining your routine: Tips to create positive habits</i></b></p> <ul style="list-style-type: none"> <li>6<sup>th</sup>: Creating positive work environments</li> <li>20<sup>th</sup>: De-escalation for managers</li> </ul>
<p><b>October – <i>More than the blues: Understanding depression</i></b></p> <ul style="list-style-type: none"> <li>11<sup>th</sup>: Caregiving</li> <li>25<sup>th</sup>: Eating right for life</li> </ul>	<p><b>November – <i>Men's health: Breaking the stigma</i></b></p> <ul style="list-style-type: none"> <li>8<sup>th</sup>: Procrastination</li> <li>22<sup>nd</sup>: Overcoming work fatigue</li> </ul>	<p><b>December – <i>Mastering the practice of gratitude</i></b></p> <ul style="list-style-type: none"> <li>6<sup>th</sup>: Critical thinking</li> <li>20<sup>th</sup>: Holiday budgeting</li> </ul>