

Lead a healthier life with reduced alcohol consumption



As someone invested in the wellbeing of your clients and their employees, it's important to understand the key effects that alcohol can have on the health and productivity of your people and how small habit changes can lead to big wellbeing improvements.

To highlight **Alcohol Awareness Week** from **7th - 13th July**, our Wellbeing Team has put together a valuable tip sheet called "**Alcohol Awareness**", where you can discover tips to help your clients support their people.



[Download your FREE copy](#)

As part of our commitment to supporting wellbeing in your clients' workplace, we'd like to share some additional key awareness dates coming up:

24th July: International Self-Care Day: Explore 6 self-care tips for a more balanced working day [Find resources here](#)

Looking Ahead:

August: National Wellness Month: Discover ways to prioritise self-care and healthy habits [Find resources here](#)

9th - 16th September: UK Savings Week: Discover 6 tips to look after and take control of your finances [Find resources here](#)



Access our full calendar

Our Wellbeing Calendar* is designed to support your client's workplace wellbeing strategy, offering resources to promote health and wellbeing to their team. View all the upcoming key health awareness dates for 2025, and find supporting tipsheets and other content to share.

[VIEW FULL 2025 WELLBEING CALENDAR](#)

Please note that the Health Shield Wellbeing Calendar is password protected. The password is "bestofhealth"

Think your colleagues would like this information?

Share the link below for them to sign up to our newsletter.

<https://share.hsforms.com/1qEJPUnHZT-CbZQ0x41RdSg3iqa3>

We're here for you. If you've got questions or need a bit of help, we've got lots of resources in our [FAQs](#) or you can email your [Account Manager](#).