

What's up in

2024

In this calendar, you'll find an overview of our core content and open webinars for 2024. We'll also be working to update and refresh our wide bank of existing content, bringing the Lyra brand to life across every stage of the Lyra Wellbeing journey for you and your teams.

Every month, we will share content linked to health, finances and physical health. Our Growth Webinars are open to all and we encourage you to share the invites.

Please note: The topics listed here are subject to change, dependent on external factors. We will also be sharing additional materials to support key global events, such as World Mental Health Day.

Life - Our finances and relationships

January

Skin Cancer Awareness Month

- Jump-start your January
- Link between mental and physical wellbeing guide - release the beasts of happy hormones
- Cervical Cancer
- What does neurodiversity look like in the workplace?

February

Healthy Lifestyle Awareness Month

- World Cancer Day
- Follow through in February
- Financial Wellbeing: The Impact on and of relationships
- Circulation makes you "pop" into your tastier version - small circulation exercises at work

March

TB Awareness Month

- Measure and modify in March
- Prevent injuries on duty - white collar workers and blue collar workers (Don't become a statistic)
- Escaping the debt trap, empowering you to take control of your debt to grow and thrive on your financial journey
- Thoughtful parenting in blended families, divorce and co-parenting

Body - The busy body

April

- Achieve in April
- World Autism Awareness Day
- Be victorious as an industrial athlete in the here and now
- Train your brain like you train your body

May

Mental Health Awareness Month

- Maximise in May
- Screen time influence on the developing brain
- Nutrition and mental health: The close dance of gut, brain and emotion
- International Day of Action for Women's Health
- Clinical team panel: Tackling mental exhaustion - balancing boundaries and boosting mental wellbeing

June

Men's Health Month

- Join together in June
- Men's health talk - Elvis the Pelvis
- The art of relaxation and rest
- What's in your trolley matters - eating for your health

Growth - Building future-fit skills for a modern world

July

- Journey in July
- Money matters: Teaching children how to manage money from toddler, to teen and beyond
- How to be a better patient: Get the best out of the healthcare system with simple principles
- Nelson Mandela Day

August

National Women's Month

- Be authentic in August
- Servant leadership
- Women's health talk - The great unknown pelvic floor
- Clinical team panel: Mindful leadership - positively managing mental health risks in the workplace

September

Childhood Cancer Awareness Month

- Simplify September
- Crossing the midline in your brain - why is it important for improved brain function?
- Future-readiness: Big changes and the impact on mental health

Mind - Mental wellbeing in a demanding and digital age

October

Skin Cancer Awareness Month

- Back Care Awareness Week
- The link between mental health and physical health
- Open-minded October
- What exercise is the right exercise for me?
- Performance anxiety and imposter syndrome

November

Movember

- Navigate through November
- Setting healthy financial boundaries, when to draw them and how to keep them clear when it comes to family and finance
- Loneliness and mental health
- 16 Days of Activism Against Gender-Based Violence

December

SunSmart Skin Cancer Awareness Month

- World AIDS Day
- Dance into December
- International Day for Persons with Disabilities
- Airing does not only mean cupboards - breathe for better health

Keys:

- Financial
- Physical
- Health
- Growth Webinars