

# SEPTEMBER

2023



[www.healthylearningtorbay.co.uk](http://www.healthylearningtorbay.co.uk)

SUN	MON	TUE	WED	THU	FRI	SAT
31					1 Download your Wellbeing Calendar from Action for Happiness	2
3	3	5	6	7	8	9
10 World Suicide Prevention Day	11	12	13	14	15	16
17	18	19	20 National Fitness Day	21	22	23
24	25	26	27	28	29	30

# OCTOBER

2023

SUN MON TUE WED THU FRI SAT

1	2	3	4	5	6	7
<b>Stoptober</b> running all month <a href="#">Download your Wellbeing Calendar from Action for Happiness</a>						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
	World Mental Health Day					
22	23	24	25	26	27	28
29	30	1	2	3	4	5



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# NOVEMBER

2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Download your Wellbeing Calendar from Action for Happiness	2 National Stress Awareness Day	3	1	2	3	4
5	6	7	8	9	10	11
12	13 Anti-bullying Week	14	15	16	17	18
19 International Men's and Boy's Day	20	21	22	23 Carer's Rights Day	24	25
26	27	28	29	30	1	2

# DECEMBER

2023



SUN	MON	TUE	WED	THU	FRI	SAT
31					1 Download your Wellbeing Calendar from Action for Happiness	2
3	3	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30