



FEBRUARY WELLBEING CALENDAR

CANCER CARE & WOMEN'S HEALTH



MONDAY

TUESDAY

WEDNESDAY

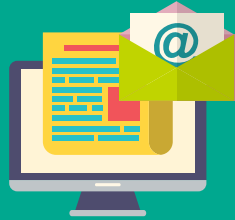
THURSDAY

FRIDAY

1st

Your February Wellbeing Digest

Check your inbox for this month's release



2nd

You can reduce your risk of cancer by **30-50%** by making changes to your daily routine

Find out more with the **Marie Keating Foundation Your Health Your Choice** campaign

3rd

Performance psychologist Nollaig O'Sullivan of Zevo Health shares her advice on **self-care for parents** and the importance of taking time to restore your balance while **parenting from home**. [Watch now](#)



4th

Today is World Cancer Day

Why not sign-up to one of the **World Cancer Day 21 Days to Impact** to make an impact through small and meaningful actions. [Find out more here](#)



#WorldCancerDayChallenge
#IAmAndWill

5th

Last chance for our Mylife Fitbit Offer!

For a limited time only* get a Fitbit Charge 4 for €109 with *Mylife*. Simply download *Mylife* by Irish Life in the App Store or Google Play and tap the Rewards tab
*Offer ends 8th Feb



8th



- Why do people get cancer?
- What are the signs?
- How has the pandemic impacted patients?

Irish Cancer Society Director of Research Dr Robert O'Connor is joined by top experts, patients & survivors in the **Decoding Cancer Podcast** [Listen now](#)

9th

Did you know the National Screening Service (NSS) offers screening for Bowel, Breast & Cervical cancer?

Find out more with **Marie Keating Foundation Your Health Your Choice** [here](#)

10th

Keeping your body fit and active is an essential step in helping to reduce your risk of cancer

Health Coach Mia of Zevo Health shares some simple bodyweight exercises for a quick overall body workout from home. [Watch now](#)



11th

Breast Cancer is the second most common cancer affecting women in Ireland each year

Make sure you know **how to spot the signs of breast cancer** in our blog article with **Irish Cancer Society**. [Read now](#)



12th

Mylife Entertainment Bundle

We've added new products to the Reward Store to help keep you entertained from home

Check out the range in the *Mylife* Reward Store today



15th

A cancer diagnosis impacts not only physical health but emotional health too

Senior Clinical Psychologist at St Vincent's University Hospital Dr Susan Flanagan explains **how to care for your mental health** from initial diagnosis to treatment & beyond. [Read now](#)



16th

Senior Health Coach Kristin Finkbeiner at Zevo Health shares her tips on how to **Mind Your Mind** in her mental health webinar

[Available from 9am](#)



17th

Get rewarded for living a healthier lifestyle with Mylife

Check out the range of great prizes changing daily as part of our *Mylife* PointsPlay draws

Search **PointsPlay** in the *Mylife* Reward Store today



18th

Mind Your Mind Through Exercise Podcast

John Paul Hughes of Zevo Health is joined by regular marathon runner Gareth Mullen to discuss the positive effects exercise has on mental health. [Available from 9am](#)



19th

Join a 10 minute meditation with Zevo Health to end your week on a relaxing and positive note

[Available from 9am](#)



22nd

Listen back to the eight-part series from Breast Cancer Awareness Month 2020 **How to Fall Apart with Irish Cancer Society**

Patients and survivors share their journey Experts and oncologists share their insights [Listen now](#)



23rd

Remember the importance of early detection

For women, this means regular screening and knowing the signs to look out for.

Find out more [here](#)



24th

As part of the Marie Keating Foundation **Your Health Your Choice** campaign limit your alcohol intake to reduce your risk of cancer. Find out more [here](#)

Use the *Mylife* app to raise awareness of your alcohol intake – go to **Coach > Goals > Lifestyle > Alcohol Awareness**



25th

The Irish Life Health blog has a range of great articles with experts in health & wellbeing

Check out our latest article on cancer care

[Read now](#)



26th

Workplace Wellbeing Webinar: The New Working Environment

Join Zevo Health for their panel discussion on

Mental health & resilience in the modern workforce

Improve your health, energy & wellbeing

Keeping your team motivated

[Click here to register](#)



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to the Marie Keating Foundation



DONATE

to the Irish Cancer Society