



MARCH WELLBEING CALENDAR

PREVENTATIVE HEALTH & FINANCIAL WELLBEING

WORK *life*

Irish Life

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1st

Your March Wellbeing Digest

Check your inbox for this month's release *MyLife*



2nd

Put a Spring in Your Step this March with *MyLife*!

Our *MyLife* Spring Step Challenge starts on Monday 8th March. Find out more about the challenge [here](#)



3rd

Research from the Irish Heart Foundation shows **80% of heart disease is preventable**.



Some simple lifestyle changes could help to reduce your risk – find out more in our Health blog. [Read now](#)

4th

Finances are one of the most common causes of stress & anxiety



Find out more about Financial Wellbeing & how you can achieve it [here](#)

5th

Get ready for Daffodil Day 2021 on Friday 26th March. Learn more about the people at the heart of Daffodil Day & how to get involved [here](#)



8th

From challenge comes change...

TODAY IS INTERNATIONAL WOMEN'S DAY

Join the #ChooseToChallenge campaign. Find out more

Don't miss the Zevo Health podcast **The Role of Women in the Workplace**. [Listen from 9am](#)



9th

Prevent & Protect with Nutritional Wellbeing

Dietitian Sarah Keogh shares her tips on how to fuel your body with the right nutrients to support a healthy immune system

[Read now](#)



10th

In Search of Pension Parity

The gender pay gap has aged into a gender pension gap.

Find out more in the report, blogs and videos available [here](#)

11th

Coping with Social Anxiety

Wellbeing consultant at Zevo Health Pamela Lennon explores the impact of social anxiety and how this can be managed in a healthy and useful way.

[Register here](#)



12th

Reward yourself for living a healthier lifestyle

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

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



15th

Covid 1 Year On

Join Zevo Health as they look back on the past 12 months living during the Covid19 pandemic and what they have learned along the way.

[Available from 9am](#)



16th

My Life Planner by Irish Life is an intelligent assessment of your financial needs.

Take a quick [assessment now](#)



17th

Happy St. Patrick's Day!



Check out the virtual events at [St Patrick's Day Festival](#)

18th

How is your posture affecting your overall wellbeing?

Get more movement into your day and feel the benefits with these tips from Zevo Health Coach Mia

[Watch now](#)

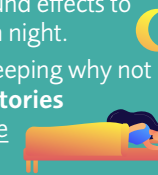


19th

Today is World Sleep Day

Sleep stories are a soothing range of stories, music and sound effects to help you drift off each night.

If you have trouble sleeping why not try the **Calm Sleep Stories** playlist available [here](#)



22nd

Protect your body while working from home

Try these simple desk stretches with Health Coach John Paul Hughes from Zevo Health

[Available from 9am](#)



23rd

Regular physical activity is proven to help maintain emotional wellbeing

Find out more on the benefits of exercise for mental health with Zevo Health [here](#)



24th

Get your body moving

with Zevo Health's HIIT Workout this Wednesday

[Available from 9am](#)



25th

John Paul Hughes & Gareth Murrin of Zevo Health discuss **the benefits of exercise to our overall wellbeing**

[Listen now](#)



26th

Mind Your Mind

Join Senior Health Coach Kristin Finkbeiner of Zevo Health for a walking meditation to help you wind down from the working week

[Available from 9am](#)



29th

Last chance to enter our Big PointsPlay for a

€2,000 CYCLE SUPERSTORE VOUCHER!



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

30th

Injury Prevention

Protect yourself from the common running injuries that can set you back with these simple steps.

[Read now](#)



31st

Healthy food choices support our mental & physical health as well as our immune system. Make sure your plate is boosting your health & wellbeing with these tips from nutritionist Heather Leeson

[Read now](#)



to the Irish Cancer Society

