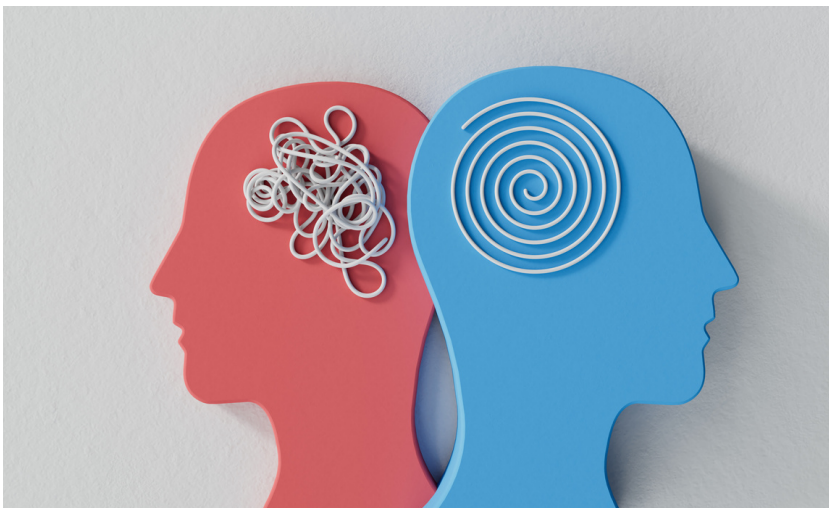


Newsletter



Mental Illness Awareness

Mental wellbeing is a vital part of overall health, and early intervention can significantly reduce long-term complications. Stress, burnout, and anxiety are manageable when recognised and addressed early, especially in environments that encourage psychological safety and open conversation. Practical habits such as taking small daily resets, setting healthy boundaries, and staying connected to supportive people can make a meaningful difference in maintaining emotional balance. By promoting awareness and sharing simple, actionable tools, organisations help employees build resilience and prioritise their mental wellness throughout July.



July Health & Wellness

July is all about strengthening mental resilience, promoting workplace wellness, and raising global health awareness. It brings together Mental Illness Awareness Month, Corporate Wellness Week, and key global days like World Population Day and World Hepatitis Day—reminding us to prioritise mental health, sustainable communities, and early detection for better overall wellbeing.



Corporate Wellness Week

Corporate Wellness Week **(1–5 July)** is an ideal moment to reinforce a culture of health and daily wellbeing in the workplace. Healthy employees are more productive, engaged, and resilient, and small habits—like staying hydrated, moving regularly, and prioritising quality sleep—make a meaningful difference. Organisations can strengthen wellness culture by hosting onsite activations such as fitness challenges and health screenings, offering ergonomic assessments for both office and remote teams, and encouraging movement breaks and healthier eating choices throughout the workday. These simple, consistent actions help create a workplace where wellbeing becomes part of the everyday rhythm, not just a once-off initiative.



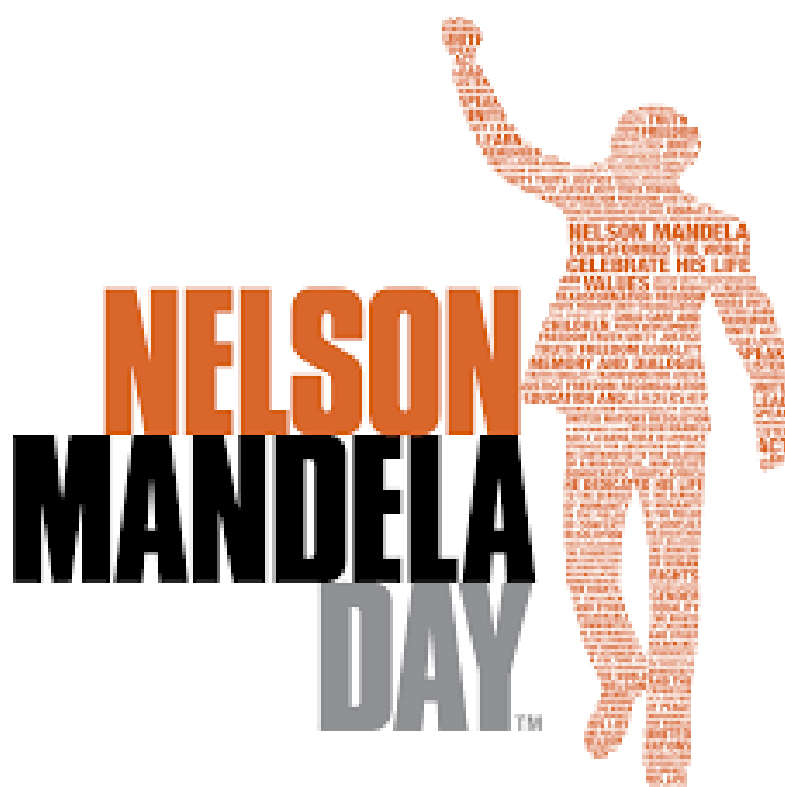
World Population Day

World Population Day on 11 July highlights how global population trends shape access to healthcare, environmental sustainability, and overall community wellbeing. As populations grow, the need for informed family planning and accessible reproductive-health education becomes even more important in empowering individuals and strengthening communities. Organisations can support this awareness by sharing educational content on reproductive health, partnering with healthcare providers for informative webinars, and promoting family-friendly workplace policies that recognise the diverse needs of employees and their households.

Nelson Mandela Day

Nelson Mandela International Day on 18 July is a global call to serve, uplift, and strengthen our communities through acts of compassion and collective responsibility.

While many organisations dedicate 67 minutes to service once a year, Avoir's commitment extends far beyond a single day. Through continuous community-based initiatives and year-round support efforts, we actively contribute to the wellbeing of vulnerable groups and local organisations. This reflects our belief that giving back is not an event but a culture—one rooted in consistency, empathy, and a genuine commitment to uplifting others every day.



World Hepatitis Day

World Hepatitis Day on 28 July raises awareness about viral hepatitis—a group of infectious diseases that affect the liver and often go unnoticed because symptoms can be mild or absent. Many people living with hepatitis B or C are unaware of their status, which contributes to late diagnosis and ongoing stigma. Misconceptions about how hepatitis spreads can also lead to discrimination, even though it cannot be transmitted through casual contact such as sharing food, hugging, or working together. Prevention is highly effective through vaccination (for hepatitis B), safe hygiene practices, and avoiding exposure to infected blood. Early detection through routine testing is one of the most powerful tools for protecting long-term liver health. Organisations can support employees by offering onsite screening and vaccination drives, sharing clear information on symptoms and prevention, and encouraging the use of medical benefits for regular testing—helping to create a workplace where awareness replaces stigma and early action protects lives.