



ICAS MENA 2021 PROMOTIONAL CALENDAR

2021 QUARTERLY WELLBEING THEMES

Q1
Jan | Feb | Mar

Thrive



Q2
Apr | May | June

Social & Environmental Wellbeing




Q3
Jul | Aug | Sept

Mental Wellbeing



Q4
Oct | Nov | Dec

Physical Wellbeing



Please note: these themes and topics are subject to change by ICAS MENA.

WEBINAR TOPICS

Q1
Jan | Feb | Mar

Thrive



January: Building Strong Relationships
March: Building Strong Teams

Q3
Jul | Aug | Sept


Mental Wellbeing



August: Panel Discussion on Mental Health

Q2
Apr | May | June

Social & Environmental Wellbeing



May: Diversity

Q4
Oct | Nov | Dec

Physical Wellbeing



November: Your Health- Putting Together the Pieces of the Puzzle
December: Yoga for Persons of Determination

Please note: these webinar topics are subject to change by ICAS MENA.