

2024

Yuniversal Calendar

At YuLife, we make wellbeing our top priority. Every month, we celebrate special wellness days with YuCoin Surges. These Surges boost your YuCoin earnings during challenges, giving you more earning potential.



January

01
MON

New Beginnings

Embracing fresh beginnings

Happy New Year! With a new year comes new opportunities to start a new healthy habit!



17
WED

Don't Ditch Your Resolutions

Enjoy the journey

Creating new habits can be a little challenging. They may take a detour now and then, but with a sprinkle of determination, they can transform into lifelong routines for a happier, healthier Yu.



February

14
WED

Love Being Yu

Love is in the Yuniverse

A celebration of love in all its forms, from loving yourself to cherishing others just as they are!



17
SAT

Random Acts of Kindness

Sprinkle kindness like confetti

Even the smallest act of kindness can create ripples of positivity, making the world a brighter place for all!



March

07
THU

World Book Day

There's a book for everyone

Reading isn't just an escape; it's an investment in yourself! Books can reduce stress, boost your knowledge, and enhance your overall wellbeing.

08
FRI

International Women's Day

Celebrating the strength of women

Today, we celebrate the achievements and contributions of women throughout history and those continuing to pave the way forward.



15
FRI

World Sleep Day

The rejuvenating power of sleep

Rest your way to a refreshed and energised you because better sleep is the key to a brighter tomorrow!



April

07
SUN

World Health Day



Your path to a healthier tomorrow

Let's make those choices that lead to better health and wellbeing because when you're at your best, you can conquer anything life throws your way.

22
MON

Earth Day



Protecting our planet; charity match

Clean air, green spaces, and a sustainable planet contribute to our wellbeing. We'll match any Earthly donations redeemed today to help make Earth a better place for all!



May



National Walking Month

Step into wellness

Walking benefits your physical health, clears your mind, and lowers stress, so lace up and walk your way to feeling great!



15 SAT



Mental Health Awareness Week

Mind matters

1 in 4 people face mental health challenges each year. Spread kindness, as someone you know might be facing their own silent battles.

21 TUE



World Meditation Day

Inner peace for a happier you

A few minutes of meditation can reduce stress, boost your mood, and enhance your focus. Give it a try and discover the benefits for yourself!

28 TUE

World Hunger Day



United against hunger

Nearly a third of our planet lacks the proper nutrients to live their best lives. Together, let's Share The Meal and fight to end world hunger.

June



Pride Month



Be proud, be you

At YuLife, we celebrate love and diversity daily, and during Pride Month, there's even more to love! To all of our LGBTQ+ YuLifers: We adore you and are glad you're Yu. Happy Pride Month!

15 FRI

World Bicycle Day



Pedal power

Saddle up and embrace the world of cycling. It's a great way to stay fit, reduce stress, and embrace the freedom of the open road. Hop on your bike and let the good times roll!



July

17
WED

World Emoji Day

Express yourself with emojis 🎉🌍😄📅

Emojis are a fun way to express yourself! ✨ Dive into the world of Yumoji and let your creativity flow like never before! 🎉 Show the world your unique personality with a burst of emojis that speak louder than words! 🗨️ Get ready to emoji-party and make your conversations come alive! 🎉🌍🎈🎊



30
TUE

International Day of Friendship

Friends are family we choose

Friendships are the special bonds that unite us, transcending borders and cultures. It's a day to cherish the friends who enrich our lives, so reach out and share the love!

August

15
THU

National Relaxation Day

Relax to the max

Taking time to unwind isn't just a treat; it's a wellness boost! Relaxation can help reduce stress, improve mood, and enhance your overall sense of calm. So kick back and enjoy the tranquility!



19
MON

World Humanitarian Day

Heroes among us

Today, we sing the praises of the everyday heroes who make a difference and celebrate the power of compassion, kindness, and lending a helping hand. Join us in celebrating those who make the world a better place!

September

21
SAT

World Gratitude Day

Attitude of gratitude

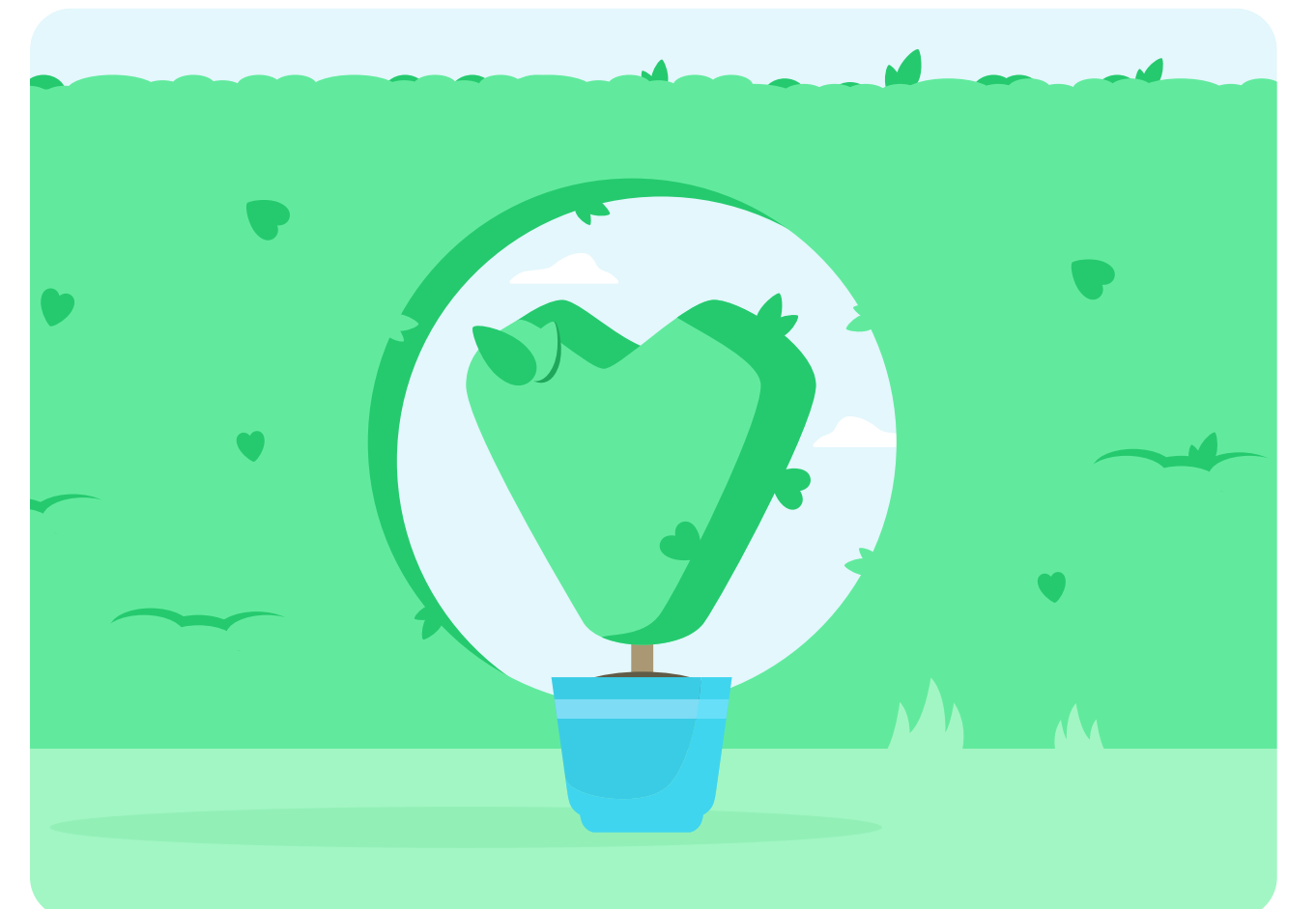
Let's pause to appreciate the little things that make life beautiful. Whether it's a smile, a kind word, or a helping hand, gratitude can brighten your day and the lives of those around you. Share the love and spread the joy!

29
SUN

World Heart Day

Be heart smart

Making heart-healthy choices, like staying active and eating well, helps keep your heart strong. Your heart is your most precious ally – treat it well!



October

10
THU

World Mental Health Day



Mental health matters

World Mental Health Day is a reminder that caring for your mental health is just as important as caring for your physical health. Reaching out to loved ones, practising self-care, and spreading kindness are ways you can prioritise your mental wellbeing!

31
THU

Halloween



Spooky season

While the spooky season may not scream wellbeing, any excuse to make getting active fun is worth celebrating. Keep an eye on the app for all the treats we have in store!



November

01
FRI

Stress Awareness Day



Unplug and unwind

Stress might be lurking, but taking a few moments each day to check in with yourself can make all the difference. Take a breather, because your mental wellbeing deserves a moment in the spotlight!

13
WED

World Kindness Day



Kindness is contagious

On World Kindness Day, let's unleash the magic of small gestures. A smile, a kind word, or a helping hand can make a world of difference. Join us in making kindness a part of your day!



December

16
MON

Yuletide

The gift of giving

Whether you're visiting loved ones or creating new traditions at home, let's remember to treat ourselves to a little slice of wellbeing bliss this season. Happy Holidays!



31
TUE

New Year's Eve



Cheers to new beginnings

As we bid farewell to the old and welcome the new, may your New Year be filled with joy, growth, and endless possibilities. Wishing you all a happy, healthy, and prosperous New Year!



Your 2024, made easy

Our Wellbeing Calendar is a heads up for all the wellness days we'll be celebrating in the YuLife app. Stay in the know and plan those activity boosting days throughout 2024.



Don't have the app yet?
It's easy to get started.

Scan the QR code or go to
members.yulife.com to
create an account.

Questions? Our support team has you covered.
Drop them a message at support@yulife.com

