

## Health and Wellbeing Calendar – 2025

Month	
Week	
Day	

JANUARY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> <b>Mental Wellness Month</b>  <b>Dry January</b>  <b>Veganuary</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> <b>Blue (Brew) Monday</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>National Fun at Work Day</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

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FEBRUARY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> <b>World Cancer Day</b>	<b>5</b>	<b>6</b> <b>Time to Talk Day</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> <b>National Random Act of Kindness Day</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>Eating Disorders Awareness Week 28/2-6/3</b>		

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Month	
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MARCH						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>1</b> <b>Prostate Cancer Awareness Month</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>Employee Appreciation Day</b>	<b>8</b> <b>International Women's Day</b>	<b>9</b>
<b>10</b> <b>Insomnia Awareness Day</b>	<b>11</b>	<b>12</b> <b>National No Smoking Day</b>	<b>13</b>	<b>14</b> <b>World Sleep Day</b>	<b>15</b>	<b>16</b>
<b>17</b> <b>Nutrition &amp; Hydration Week 17-23</b>	<b>18</b>	<b>19</b>	<b>20</b> <b>International Day of Happiness</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						

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APRIL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> <b>Stress Awareness Month</b>	<b>2</b> <b>National Walking Day</b>  <b>World Autism Awareness Day</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> <b>World Health Day</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> <b>“On Your Feet Britain” Challenge</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>				

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MAY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<b>1</b> <b>Celiac Awareness Month</b>  <b>National Walking Month</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> <b>Mental Health Awareness Week 12-18</b>  <b>Sun Awareness Week 12-18</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> <b>World Meditation Day</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

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Week	
Day	

JUNE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<b>1</b>
<b>2</b> <b>Volunteers</b> <b>Week 2-8</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> <b>International</b> <b>Men’s Health</b> <b>Week 9-15</b>  <b>Carers Week</b> <b>9-15</b>  <b>Loneliness</b> <b>Awareness</b> <b>Week 9-15</b>  <b>British</b> <b>Nutritional</b> <b>Foundation</b> <b>(BNF) Health</b> <b>Eating Week</b> <b>9-13</b>	<b>10</b> <b>Bike Week 10-</b> <b>16</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <b>World Blood</b> <b>Donor Day</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>

# Health and Wellbeing Calendar – 2025

Month	
Week	
Day	

<b>23</b>	<b>24</b> <b>World Wellbeing Week 24-30</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						

## Health and Wellbeing Calendar – 2025

Month	
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JULY						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>1</b> Talk to us month - Samaritans	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> Alcohol Awareness Week 7-11	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> International Self Care Day  Samaritans Talk to us Campaign	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> International Friendship Day	<b>31</b>			

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AUGUST						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1</b> <b>National Wellness Month</b>	<b>2</b>	<b>3</b>
<b>4</b> <b>National Allotments Week 4-10</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>Cycle to Work Day</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> <b>National Financial Awareness Day</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> <b>National Grief Awareness Day</b>	<b>31</b> <b>International Overdose Awareness Day</b>

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SEPTEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> “Know your numbers” Week – Cholesterol, blood pressure etc. 1-7	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> National Food Bank Day	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b> World Suicide Prevention Day	<b>11</b> R U OK Day	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> International Week of Happiness at Work 22-26	<b>23</b>	<b>24</b> National Fitness Day	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>					

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OCTOBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> <b>Breast Cancer Awareness Month</b>  <b>World Menopause Awareness Month</b>  <b>Go Sober October</b>  <b>International Day of Older Persons</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> <b>Back Care Awareness Week 6-12</b>	<b>7</b>	<b>8</b> <b>World Financial Planning Day</b>	<b>9</b>	<b>10</b> <b>World Mental Health Day</b>	<b>11</b>	<b>12</b> <b>OCD Awareness Week 12-18</b>
<b>13</b> <b>Work Life Week 13-19</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> <b>World Menopause</b>	<b>19</b>

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					<b>Awareness Day</b>	
<b>OCTOBER (Cont'd.)</b>						
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>International Stuttering Awareness Day</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

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Month	
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NOVEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>1</b> <b>November –</b> <b>Men’s Health</b> <b>Awareness</b> <b>Month</b>  <b>World Vegan</b> <b>Day</b>	<b>2</b>
<b>3</b> <b>International</b> <b>Stress</b> <b>Awareness</b> <b>Week 3-7</b>  <b>Talk Money</b> <b>Week 3-7</b>	<b>4</b>	<b>5</b> <b>National</b> <b>Stress</b> <b>Awareness</b> <b>Day</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <b>World</b> <b>Kindness Day</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> <b>National Self</b> <b>Care Week 17-</b> <b>23</b>	<b>18</b>	<b>19</b> <b>International</b> <b>Men’s Day</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>

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NOVEMBER (Cont'd.)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24	25 <b>16 Days of Activism against Gender-Based Violence 25/11-10/12</b>  <b>International Day for the Elimination of Violence Against Women</b>	26	27	28	29	30

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Month	
Week	
Day	

DECEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> <b>16 Days of Activism against Gender-Based Violence 25/11-10/12</b>  <b>Seasonal Affective Disorder (SAD) Awareness Month</b>	<b>2</b> <b>Giving Tuesday</b>	<b>3</b> <b>International Day of People with a Disability</b>	<b>4</b>	<b>5</b> <b>International Volunteer Day</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <b>Christmas Jumper Day</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>				