

2025 Wellbeing Calendar

NFP recognizes multiple dimensions of wellbeing through our annual calendar which highlights four core pillars: prevention/physical health, mental health and wellbeing, financial wellbeing and social/community.

NFP helps infuse wellbeing into your organization by providing education around each month's main focus via our monthly newsletter, tips and infographic. Additionally, NFP will be hosting six free webinars for your employees and creating toolkits that align with the monthly topics.

These valuable resources can be found in NFP's monthly Corporate Benefits Latest Insights emails. We encourage you to share them with your employees as appropriate.



	Month	Main Focus	Awareness Topics	Wise & Well Webinars & Toolkits	
Prevention / Physical Health	January	Women's Health and Cervical Cancer	<ul style="list-style-type: none"> Blood Donor Month Thyroid Awareness Month Eye Care Month 	<ul style="list-style-type: none"> W&W Webinar* (1/14 at 12:00 p.m. ET) 	
	February	Cardiometabolic Health	<ul style="list-style-type: none"> World Cancer Day (4th) Black History Month Wear Red Day (7th) 	<ul style="list-style-type: none"> National Girls and Women in Sports Day (5th) Heart Health Month 	
	March	Sleep, Rest and Recovery	<ul style="list-style-type: none"> Colorectal Cancer Awareness Month Nutrition Awareness Month Employee Appreciation Day (7th) 	<ul style="list-style-type: none"> International Women's Day (8th) National Sleep Awareness Week (9th-15th) 	<ul style="list-style-type: none"> W&W Webinar* (3/11 at 12:00 p.m. ET)
Mental Health & Wellbeing	April	Preventing Burnout through Mindfulness	<ul style="list-style-type: none"> Earth Day (22nd) World Autism Month Alcohol Awareness Month 	<ul style="list-style-type: none"> National Volunteer Week (3rd week) National Humor Month World Health Day (7th) Stress Awareness Month 	
	May	Mental Health Awareness Month	<ul style="list-style-type: none"> National Physical Fitness and Sports Month Older Americans Month 	<ul style="list-style-type: none"> National 529 College Savings Plan Day (5/29) Brain Tumor Awareness Month 	<ul style="list-style-type: none"> W&W Webinar* (5/13 at 12:00 p.m. ET) Mental Health Toolkit
	June	Work-Life Balance and Self-Care	<ul style="list-style-type: none"> Alzheimer's Disease & Brain Awareness Juneteenth (19th) Pride Month 	<ul style="list-style-type: none"> Safety Month Men's Health Month 	<ul style="list-style-type: none"> Men's Health Toolkit
Financial Wellbeing	July	Budgeting and Saving Tips	<ul style="list-style-type: none"> UV Safety Month BIPOC Mental Health Month National Self-Care Day (24th) 	<ul style="list-style-type: none"> National Parks and Recreation Month 	<ul style="list-style-type: none"> W&W Webinar* (7/8 at 12:00 p.m. ET) Financial Wellbeing Toolkit
	August	Debt Management and Credit Score Improvement	<ul style="list-style-type: none"> National Breastfeeding Month / World Breastfeeding Week National Financial Awareness Day (14th) 	<ul style="list-style-type: none"> National Grief Awareness Day (30th) National Wellness Month 	<ul style="list-style-type: none"> Back-to-School/Parenting Toolkit
	September	Financial Wellbeing Across Generations	<ul style="list-style-type: none"> National Suicide Prevention Month Healthy Aging Month Childhood Cancer Awareness Month 	<ul style="list-style-type: none"> National 401(k) Day (9/5) Recovery Awareness Month National Family Health and Fitness Day (27th) 	<ul style="list-style-type: none"> W&W Webinar* (9/9 at 12:00 p.m. ET) Suicide Awareness Toolkit
Social / Community	October	Breast Cancer Awareness	<ul style="list-style-type: none"> World Mental Health Day (10th) Estate Planning Awareness Week (17th-23rd) Cybersecurity Awareness Month 	<ul style="list-style-type: none"> World Inclusion Day (10/10) Substance Abuse Prevention Month Menopause Awareness Month 	<ul style="list-style-type: none"> Breast Cancer Awareness Toolkit Substance Use Prevention Toolkit
	November	Gratitude and Giving Back to the Community	<ul style="list-style-type: none"> National Family Caregiver Month Movember Great American Smokeout (16th) 	<ul style="list-style-type: none"> Diabetes Awareness Month Veterans Day (11th) World Kindness Day (13th) 	<ul style="list-style-type: none"> W&W Webinar* (11/4 at 12:00 p.m. ET) Diabetes Management Toolkit Tobacco Cessation Toolkit
	December	Celebrating Cultural Differences and Holidays	<ul style="list-style-type: none"> Seasonal Depression Awareness Month Giving Tuesday (2nd) International Volunteer Day (5th) 		

*Visit the [Wise & Well Training Center](#) for details about upcoming Wise & Well webinars.