

2026 NFP Wise & Well Calendar

At NFP, we embrace a holistic approach to wellbeing — recognizing that true wellness encompasses multiple dimensions. Our annual calendar brings this to life by spotlighting four interconnected pillars:

- **Prevention/Physical Health**
- **Mental Health & Wellbeing**
- **Financial Wellbeing**
- **Social Wellbeing**

To help support you in embedding wellbeing into your organization, NFP provides educational resources that typically align with the designated Main Focus topic. These include:

- A monthly Newsletter, Tips and an Infographic
- Bimonthly Webinars
- Monthly Toolkits

These valuable resources are shared through NFP’s monthly Corporate Benefits Latest Insights emails and are also available via the [Wise & Well Training Center](#). We encourage you to share these materials and/or the Training Center link with your employees as appropriate.



Prevention/
Physical Health

Mental Health &
Wellbeing

Financial
Wellbeing

Social
Wellbeing

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

Monthly Main Focus	Awareness Topics		Webinars & Toolkits
Growth Through Healthy Habits & Goal Setting	▪ Blood Donor Month ▪ Thyroid Awareness Month ▪ Eye Care Month	▪ Women’s Health & Cervical Cancer ▪ National Compliment Day (24th) ▪ National Mentoring Month	▪ W&W Webinar (1/13 at 12:00 p.m. ET) ▪ Toolkit: Preventive Care
Fitness & Cardiometabolic Wellbeing	▪ World Cancer Day (4th) ▪ Black History Month ▪ Wear Red Day (6th) ▪ Random Acts of Kindness Day (17th)	▪ National Girls & Women in Sports Day (4th) ▪ Heart Health Month	▪ Toolkit: Nutrition Toolkit
Nutrition for Energy and Longevity	▪ Colorectal Cancer Awareness Month ▪ Employee Appreciation Day (6th) ▪ National Reading Month	▪ International Women’s Day (8th) ▪ National Sleep Awareness Week (8th-14th)	▪ W&W Webinar (3/10 at 12:00 p.m. ET) ▪ Toolkit: Neurodiversity Awareness
Recharge Your Mind, Embrace Calm	▪ Earth Day (22nd) ▪ World Autism Month ▪ Alcohol Awareness Month ▪ Neurodiversity Awareness Month	▪ National Volunteer Month ▪ National Humor Month ▪ World Health Day (7th) ▪ Stress Awareness Month	▪ Toolkit: Mental Health & Wellbeing
Mental Health Awareness Month	▪ National Physical Fitness and Sports Month ▪ Older Americans Month	▪ National 529 College Savings Plan Day (5/29) ▪ Brain Tumor Awareness Month	▪ W&W Webinar (5/12 at 12:00 p.m. ET) ▪ Toolkit: Men’s Health
Men’s Vitality & Wellbeing	▪ Alzheimer’s Disease & Brain Awareness ▪ Juneteenth (19th) ▪ Pride Month	▪ National Safety Month ▪ International Yoga Day ▪ National cancer survivor day (7th)	▪ Toolkit: Financial Wellbeing
The Power of Financial Literacy	▪ UV Safety Month ▪ BIPOC Mental Health Month ▪ National Self-Care Day (5th)	▪ National Parks & Recreation Month	▪ W&W Webinar (7/14 at 12:00 p.m. ET) ▪ Toolkit: Back-to-School/Parenting
Navigating Financial Wellbeing with a Purpose	▪ National Breastfeeding Month/World Breastfeeding Week ▪ National Financial Awareness Day (14th)	▪ National Grief Awareness Day (30th) ▪ National Wellness Month	▪ Toolkit: Suicide Awareness
Invest in You: Your Life, Your Legacy	▪ National Suicide Prevention Month ▪ Healthy Aging Month ▪ Childhood Cancer Awareness Month	▪ National 401(k) Day (9/11) ▪ Recovery Awareness Month ▪ National Family Health & Fitness Day (28th)	▪ W&W Webinar (9/8 at 12:00 p.m. ET) ▪ Toolkit: Women’s Health
Women’s Vitality & Wellbeing	▪ Breast Cancer Awareness ▪ World Mental Health Day (10th) ▪ Cybersecurity Awareness Month ▪ Dental Hygiene Month	▪ World Inclusion Day (10/10) ▪ Substance Abuse Prevention Month ▪ Menopause Awareness Month	▪ Toolkit: Caregiving
The Caregiver’s Compass	▪ National Family Caregiver Month ▪ Movember ▪ Great American Smokeout (19th) ▪ Lung Cancer Awareness Month	▪ Diabetes Awareness Month ▪ Veterans Day (11th) ▪ World Kindness Day (13th)	▪ W&W Webinar (11/10 at 12:00 p.m. ET) ▪ Toolkit: Tobacco & Nicotine Cessation
Cultivating Gratitude Throughout the Season	▪ Seasonal Depression Awareness Month ▪ International Volunteer Day (5th) ▪ International Day of Persons with Disabilities (3rd)	▪ Giving Tuesday (1st)	▪ Toolkit: Substance Use Prevention