

2024 Well-Being Calendar

NFP recognizes multiple dimensions of well-being through our annual calendar which highlights four core pillars: prevention/physical health, mental health & well-being, financial well-being and DEIB/community.

NFP helps infuse well-being into your organization by providing education around each month's main focus via our monthly newsletter, tips and infographic. These resources can be found in NFP's monthly Corporate Benefits Latest Insights emails. NFP will also be hosting seven free Wise & Well webinars for employees throughout the year that align with the monthly topic. We encourage sharing these resources with employees as appropriate.



	Month	Main Focus	Awareness Topics	Wise & Well Employee Webinars
Prevention / Physical Health	January	Making Self-Improvement Stick	<ul style="list-style-type: none"> Women's Health & Cervical Cancer Awareness Month Blood Donor Month 	<ul style="list-style-type: none"> W&W Webinar* (1/16 at 12:00 p.m. ET)
	February	Heart Health Month	<ul style="list-style-type: none"> World Cancer Day (2/4) Black History Month Wear Red Day (2/2) 	
	March	Nutrition: The Gut/Brain Connection	<ul style="list-style-type: none"> Colorectal Cancer Awareness Month Nutrition Awareness Month Employee Appreciation Month National Sleep Awareness Week International Women's Day (3/8) 	<ul style="list-style-type: none"> W&W Webinar* (3/12 at 12:00 p.m. ET)
Mental Health & Well-Being	April	Stress Awareness Month	<ul style="list-style-type: none"> Alcohol Awareness Month Earth Day 	<ul style="list-style-type: none"> W&W Webinar* (4/9 at 12:00 p.m. ET)
	May	Mental Health Awareness Month	<ul style="list-style-type: none"> National Physical Fitness & Sports Month Older Americans Month National Women's Health Week National 529 College Savings Plan Day (5/29) 	<ul style="list-style-type: none"> W&W Webinar* (5/14 at 12:00 p.m. ET)
	June	Men's Health Month	<ul style="list-style-type: none"> Alzheimer's Disease & Brain Awareness Juneteenth Pride Month Safety Month 	
Financial Well-Being	July	Improving Financial Literacy	<ul style="list-style-type: none"> UV Safety Month BIPOC Mental Health Month 	<ul style="list-style-type: none"> W&W Webinar* (7/9 at 12:00 p.m. ET)
	August	Simplify and Organize Your Finances	<ul style="list-style-type: none"> National Breastfeeding Month / World Breastfeeding Week National Financial Awareness Day (8/14) 	
	September	Remaining Financially Fit as We Age	<ul style="list-style-type: none"> National Suicide Prevention Month Healthy Aging Month Childhood Cancer Awareness Month National 401(k) Day Awareness (9/8) 	<ul style="list-style-type: none"> W&W Webinar* (9/10 at 12:00 p.m. ET)
DEIB / Community	October	Breast Cancer Awareness	<ul style="list-style-type: none"> World Mental Health Day Estate Planning Awareness Week (10/17 – 10/23) 	
	November	Holiday Presence: Increasing Connection	<ul style="list-style-type: none"> National Family Caregiver Month Movember Great American Smokeout Diabetes Month 	<ul style="list-style-type: none"> W&W Webinar* (11/12 at 12:00 p.m. ET)
	December	Wrapping Up 2024 with the Gift of Giving Back	<ul style="list-style-type: none"> Seasonal Depression Awareness Month 	

*Visit the [Wise & Well Training Center](#) for information and registration on the upcoming W&W Webinars

