



Health Med.
Wellness + Performance

Wellness Awareness Calendar

2025

Remember to consider the best time to add the Thrive Assessment Series. **Most Popular is every quarter (4-Point Review)**



January: New Year's Wellness Resolutions

- Date: The whole month of January
- **"A new year, a renewed focus on well-being. Let's set intentions, support each other, and make 2025 our healthiest year yet."**
- LinkedIn: "New year, fresh goals! Join us in prioritising well-being at [\[Organisation\]](#). #Wellness2025 #NewYearNewYou"

3rd January: Festival of Sleep Day

20th January: Blue Monday

22nd January: Cervical Cancer Prevention Week

24th January: International Day of Education

27th January: Parent Mental Health Day



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January

2025

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February: Heart Health Month (Worldwide)

- Date: The whole month of February
- Organisation: British Heart Foundation
- LinkedIn: "This #HeartHealthMonth, let's commit to healthier choices. Your heart will thank you! #Wellness2025"

1st February: Time to Talk Day
 4th February: World Cancer Day
 3rd-9th February: Race Equality Week
17th February: Random Acts of Kindness Day
 26th Feb - 4th Mar: Eating Disorder Awareness Week

"Your heart matters! Small lifestyle changes today can lead to a healthier tomorrow."

February
 2025

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March: Women's Health + Nutrition Month

- Date: The whole month of March
- Organisations: Women's History Network & Target Ovarian Cancer
- LinkedIn: A healthy body and mind fuel success. Let's celebrate women's health and nourishment this March! #Wellness2025"

1st March: International Wheelchair Day

8th March: International Women's Day

14th March: World Sleep Day

17th - 23rd March: Nutrition and Hydration Week

20th March: International Day of Happiness + World Oral Health Day

24th - 30th March: Debt Awareness Week



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March

2025

"Celebrating women's health and the power of good nutrition."

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April: Stress Awareness + Physical Activity Month

- Date: The whole month of April
- Organisation: Stress Management Society
- LinkedIn: "April is all about movement and mindfulness. Join us in creating a healthier work-life balance. #Wellness2025"

April: Testicular Cancer Month

2nd April: World Autism Awareness Day

7th April: World Health Day

22nd April: Earth Day

24th - 30th April: Global Intergenerational Week

"Managing stress is just as important as productivity. Prioritise your well-being this April."

April

2025



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May: Mental Health + Movement Month

- Date: The whole month of May
- Organisation: Living Streets
- LinkedIn: Mental wellness fuels performance. Let's champion workplace well-being this May! #MentalHealthAwareness"

Skin Cancer Awareness Month

1st - 7th May: Deaf Awareness Week

5th - 11th May: Maternal Mental Health Week

12th - 18th May: Women's Health Week

12th - 18th May: Mental Health Awareness Week

20th - 26th May: Learning at Work Week

21st May: World Meditation Day

"Your mental well-being is key to success. Let's take proactive steps for a healthier mind."

Let's celebrate the power of women!

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May
2025

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June
2025

June: Men's Health + Mindfulness Month

- Organisations: Men's Health Forum & Jo's Cervical Cancer Trust
- LinkedIn: "Men's health matters. Let's encourage conversations and healthier habits. #Wellness2025"

5th June: World Environment Day
 10th - 16th June: Bike Week
9th - 15th June: Men's Health Week
 21st June: International Yoga Day

This June, discover the power of mindfulness & relaxation. Join our meditation sessions and mindfulness workbooks.

"Men's health deserves attention. Let's break the stigma and prioritise well-being."

July: Sustainability + Self-Care Month

- Date: The whole month of July
- Organisation: Plastic Free Foundation
- LinkedIn: "This July, let's embrace self-care and sustainability for a healthier future. #Wellness2025"

July: Talk to Us Month

July 24th: International Self-Care Day

July 30th: World Friendship Day

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July
2025

"Caring for the planet and for yourself go hand in hand."

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August: Happiness + Connection Month

- Date: The whole month dedicated to things that make you happy.
- Organisation: Cyclescheme
- LinkedIn: "Happiness and well-being are the ultimate success. Let's spread joy together! #HappinessMonth"

1st August: Cycle to Work Day

14th August: National Financial Awareness Day

19th August: World Humanitarian Day

25th-31st Aug: World Water Week

August
2025

"Happiness is a journey, not a destination. Let's find joy in the little things."



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September: Alzheimer's + Suicide Prevention Month

- Date: The whole month of September
- Organisation: Alzheimer's Society
- LinkedIn: "Mental health and memory care matter. Let's champion awareness this September. #Wellness2025"

10th September: World Suicide Prevention Day

18th September: National Fitness Day

21st September: World Gratitude Day

20th - 25th September: International Week of Happiness at Work

29th September: World Heart Day

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September

2025

"Awareness and action save lives. Let's talk, support, and uplift." Let's come together to support and uplift one another.

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October: Mental Health + Cancer Awareness Month

- Date: The whole month of October
- Organisations: Breast Cancer Now & Mind
- LinkedIn: "Mental health deserves attention every day. Join us in spreading awareness. #WorldMentalHealthDay"

October: Speak Up Month + Stoptober (stop smoking)
 2nd October: World Financial Planning Day
6th – 10th October: National Work-Life Week
 10th October: World Mental Health Day
 16th October: World Food Day
 18th October: World Menopause Day

October
2025

"Your health is your wealth. Let's talk about mental well-being and early detection."

M T W T F S S

November: Men's Health & Kindness Month

- Date: The whole month of November
- LinkedIn: "Movember is more than a moustache—it's about men's health and well-being. Let's raise awareness together! #Movember2025"

6th November: National Stress Awareness Day
 13th November: World Kindness Day
 16th November: International Day for Tolerance
19th November: International Men's Day

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November
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"Growing awareness, growing impact. Let's focus on men's health and kindness."

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December: Gratitude + Reflection Month

- Date: The whole month of December
- Organisation: Project Happiness
- LinkedIn: "Celebrating a year of growth and gratitude at [Organisation]. Here's to the memories and milestones. #YearInReflection"

December 2nd-8th: National Grief Awareness Week

December 3rd: International Day of Persons with Disabilities

December 10: Human Rights Day

December

2025

**"Taking time to reflect and appreciate the journey."
This is a great time for Self-Assessment and reflection.**