



Wellbeing Awareness Events Calendar 2025

January	February	March	April	May	June	July	August	September	October	November	December
01 - 31 Dry January	01 - 28 Go Red Month BHF	17 - 23 Nutrition and Hydration Week	01 - 30 Stress Awareness Month	12 - 18 Mental Health Awareness Week	01 - 30 Pride Month	01 - 31 Good Care Month	01 - 31 Happiness Happens Month	12 Stand Up to Cancer Day	01 - 31 Stoptober	01 - 30 Movember	2 - 8 National Grief Awareness Week
20 - 26 Cervical Cancer Prevention Week	4 World Cancer Day	8 INT Women's Day	14 - 20 Smart Money Week	19 - 25 Dementia Action Week	9 - 15 Men's Health Week	1 National Financial Freedom Day	14 National Financial Awareness Day	17 National Fitness Day	01 - 31 Breast Cancer Awareness	3 - 9 Talk Money Week	10 Human Rights Day
24 INT Day of Education	8 Time to Talk Day	14 World Sleep Day	7 World Health Day	8 World Ovarian Cancer Awareness Day	23 World Water Day	30 INT Friendship Day	30 National Grief Awareness Day	30 World Heart Day	10 World Mental Health Day	13 World Kindness Day	12 World Christmas Jumper Day