



# Wellbeing for Life Calendar 2025



## January

Dry January (1-31)



World Braille Day (4)



Cervical Cancer Prevention Week (21-28)



## February

National Heart Month



Time to Talk Day (6)



Children's Mental Health Week (3-9)



## March

Prostate and Ovarian Cancer Awareness (1-31)



No Smoking Day (13)



Nutrition and Hydration Week (17-23)



University Mental Health Day (13)



World Sleep Day (14)



## April

Stress Awareness month



Testicular Cancer



World Autism Acceptance



World Health Day (7)



On your feet Britain (24)



## May

National Walking Month



Sun Awareness Week (5-11)



Deaf Awareness Week (5-11)



Mental Health Awareness Week (12-18)



Global Accessibility Awareness Day (15)



International Day against Homophobia, Biphobia and Transphobia (17)



## July

Alcohol Awareness Week (7-13)



## August

World Breastfeeding Week (1-7)



Cycle to Work Day (7)



## June

Carers Week (9-15)



Men's Health Week (9-15)



Diabetes Awareness Week (16-22)



National Clean Air Day (20)



Refugee Week (16-22)



Learning Disabilities Week (16-22)



## September

Healthy eating month



Know Your Numbers Week (8-14)



World Suicide Prevention Day (10)



National Fitness Day (17)



## October

Stoptober Month



Breast Cancer Awareness Month



Back Care Awareness week (7-12)



World Mental Health Day (10)



National Work Life Balance Week (6-10)



World Menopause Day (18)



## November

November



Talk Money Week (3-8)



16 Days of Activism Against Domestic Violence (25 Nov-10 Dec)



## December

World Aids Day (1)

