

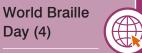
# Wellbeing for Life Calendar 2025





#### Januarv

**Dry January** (1-31)



Cervical Cancer Prevention Week (21-28)



## **February**

**National Heart Month** 



Children's Mental Health Week (3-9)

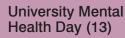


#### March

Prostrate and Ovarian Cancer Awareness (1-31)



**Nutrition** and **Hydration Week** (17-23)



World Sleep Day (14)



**Stress Awareness** month

**Testicular Cancer** 

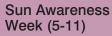
**World Autism** Acceptance

World Health Day

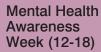
On your feet Britain (24)



**National Walking** Month



**Deaf Awareness** Week (5-11)



Global Accessibility Awareness Day (15)

**International Day** against Homophobia, Biphobia and Transphobia (17)



**Alcohol Awareness** Week (7-13)

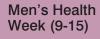
## **August**

World Breastfeeding Week (1-7)

Cycle to Work Day (7)



Carers Week (9-15)



**Diabetes Awareness** Week (16-22)

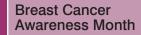
**National Clean** Air Day (20)

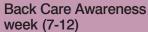
Refugee Week (16-22)

Learning Disabilities Week (16-22)

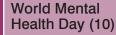


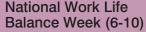
**Stoptober Month** 





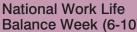
October

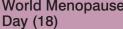




**World Menopause** Day (18)









## September

Healthy eating month

**Know Your Numbers** Week (8-14)

World Suicide Prevention Day (10)

**National Fitness** Day (17)





## **November**

Movember

Talk Money Week (3-8)

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



#### December

World Aids Day (1)









