



2025

## WELLNESS CALENDAR

### January

All month: National Mentoring Month  
17: Get to Know Your Customers Day  
28: Blue Monday  
31: Don't Let's Lose Day

### February

All month: Black History Month  
All month: Read Your Self Culture  
14: Valentine's Day  
14-20: Random Acts of Kindness Week

### March

All month: Nutrition Month  
7: Employee Appreciation Day  
8: International Women's Day  
14: World Sleep Day  
20: Day of Happiness  
30: Transgender Day of Visibility

### April

All month: Move More

### May

All month: Mental Health Awareness

### June

All month: Pride Month

### July

All month: Social Wellness Month  
3: Canada Day  
4: US Independence Day  
24: International Self-Care Day  
30: World Friendship Day

### August

All month: National Wellness Month  
10: International Youth Day  
15: International Alternative Day  
26: Women's Equality Day

### September

All month: Self-Care Awareness Month  
10: Suicide Prevention Day  
25: International Day of Peace  
26: National Women's Health & Fitness Day

MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Mental Health Awareness Week				
		National Recapitated Day				
19	20	21	22	23	24	25
		World Meditation Day				
26	27	28	29	30	31	1
2	3	4	5	6	7	8

#### All Month:

- Move More Month
- Stress Awareness Month

