

2025 Content Calendar

Each month, our content will be distributed via member, program administrator, and people manager newsletters. You'll find our monthly themes below and a list of important national and international health and wellness-related dates that may help you plan specific events and content around various recognition days.*

Every month will feature written content surrounding the theme and an "Ask an Expert" webinar event for you to promote to your employees and keep workplace well-being top of mind.

MONTH	THEME	IMPORTANT DATES & THEMES
JANUARY	Setting Effective Goals	<ul style="list-style-type: none"> • Blue Monday (20)
FEBRUARY	Nutrition and Well-Being	<ul style="list-style-type: none"> • Psychology Month • World Cancer Day (4) • International Childhood Cancer Day (15)
MARCH	Sleep and Insomnia	<ul style="list-style-type: none"> • Nutrition Month • International Women's Day (8) • World Sleep Day (14)
APRIL	Climate-Related Anxiety	<ul style="list-style-type: none"> • IBS Awareness Month • Parkinson's Awareness Month • Sexual Assault Awareness Month • World Immunization Week (24-30) • National Infertility Awareness Week (21-27) • Earth Day (22) • National Day of Mourning (28)
MAY	Family Relationships and Setting Boundaries	<ul style="list-style-type: none"> • Celiac Disease Awareness Month • Vision Health Month • International Nurses Day (12)

MONTH	THEME	IMPORTANT DATES & THEMES
JUNE	Inclusivity	<ul style="list-style-type: none"> • Pride Month • Migraine Awareness Month • World Environment Day (5) • Action Anxiety Day (10) • World Elder Abuse Awareness Day (15) • National Meditation Day (21) • PTSD Awareness Day (27)
JULY	Menopause/Perimenopause	<ul style="list-style-type: none"> • National Injury Prevention Day (5) • International Self-Care Day (24)
AUGUST	Personal Planning/Getting Back into Routine	<ul style="list-style-type: none"> • World Humanitarian Day (19) • International Overdose Awareness Day (31)
SEPTEMBER	Men's Mental Health	<ul style="list-style-type: none"> • World Alzheimer's Month • World Suicide Prevention Day (10) • Orange Shirt Day (30)
OCTOBER	Mindfulness-Based Stress Reduction	<ul style="list-style-type: none"> • Mental Illness Awareness Week (6-12) • Invisible Disabilities Week (20-26) • World Mental Health Day (10) • World Psoriasis Day (29)
NOVEMBER	Financial Literacy	<ul style="list-style-type: none"> • Financial Literacy Month • Indigenous Disability Awareness Month • National Domestic Violence Awareness Month • Movember • Nurse Practitioner Week (10-16) • World Diabetes Day (14)
DECEMBER	Conflict Resolution	<ul style="list-style-type: none"> • International Volunteer Day (5) • Human Rights Day (10)

*If the recognition dates for 2025 change once new information is released, you will receive an updated calendar.