## 2023 Well-Being Calendar

**NFP recognizes multiple dimensions of well-being and focuses on the whole-person with four core pillars: prevention/physical health, mental health & well-being, financial well-being, and holistic/DEI&B.**

- Throughout the year, NFP will assist in infusing well-being into your organization by providing education around each month’s main focus via our monthly newsletter, tips, and infographic. We encourage sharing these resources with employees as appropriate.

- Popular monthly topics and observances are hyperlinked to relevant resources or toolkits to provide additional educational content based on topics/observances of primary interest.

### Month | Main Focus | Awareness Topics | Observances
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January | Cultivating Healthy Habits | - Women’s Health & Cervical Cancer Awareness Month
- Glaucoma Awareness
- National Poverty in America Awareness Month | - Tax Identity Theft Awareness week – 23rd
- Parent Mental Health Day – 27th
February | Building A Strong Heart | - Heart Health Month
- America Saves week 2/27 – 3/3
- Black History Month | - Random Acts of Kindness Day – 17th
- Wear Red Day – 4th
- Safer Internet Day – 7th
March | Enhancing Immunity: Sleep & Nutrition | - Nutrition Awareness Month
- National Credit Education Month
- Colorectal Cancer Awareness Month | - Employee Appreciation Day – 3rd
- National Sleep Awareness Week
- LGBTQ+ Health Awareness Week
April | Stress Awareness Month | - Alcohol Awareness Month
- Financial Literacy Awareness Month | - National Earth Day - 22nd
- Infertility Awareness Week – 23rd – 29th
- National Volunteer week – 16th – May 7th
May | Mental Health Awareness Month | - American Stroke Month
- Skin Cancer Awareness Month
- Women’s Health Month | - Bike to Work Day – 19th
- National Sun Safety Week – 23rd – 29th
June | Pride Month | - Men’s Health Month
- Safety Month
- National PTSD Awareness Month | - Juneteenth - 17th
- International Yoga Day
July | Finance 101 | - UV Safety Month
- HIV Awareness Month
- National Minority Health Month | - International Self-Care Day – 24th
- BIPOC Mental health Month
August | Creating Financial Freedom | - National Eye Exam Month
- National Wellness Month | - World Breastfeeding Week - 1st – 7th
- National Financial Awareness Day - 14th
September | Creating Your Financial Legacy | - National Suicide Prevention Month
- Childhood Cancer Awareness Month
- Healthy Aging Month | - International Day of Charity – 5th
- National 401k Day - 8th
October | Global Diversity Awareness Month | - Breast Cancer Awareness Month
- National bullying Prevention Awareness Month
- Disability Awareness month | - World Financial Planning Day – 5th
- World Mental Health Day – 10th
November | National Family Caregiver Month | - Lung Cancer Awareness Month
- Pancreatic Cancer Awareness Month
- Movember | - World Kindness Day – 13th
- World Diabetes Day - 14th
December | Reflecting on Your Resilience | - Seasonal Depression Awareness Month | - World AIDS Day – 1st