

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
Prevention	January	<u>Cultivating Healthy Habits</u>	<ul style="list-style-type: none"> Women's Health & Cervical Cancer Awareness Month Glaucoma Awareness National Poverty in America Awareness Month 	<ul style="list-style-type: none"> Tax Identity Theft Awareness week – 23rd Parent Mental Health Day – 27th
	February	<u>Building A Strong Heart</u>	<ul style="list-style-type: none"> Heart Health Month America Saves week 2/27 – 3/3 Black History Month 	<ul style="list-style-type: none"> Random Acts of Kindness Day – 17th Wear Red Day – 4th Safer Internet Day – 7th
	March	<u>Enhancing Immunity: Sleep & Nutrition</u>	<ul style="list-style-type: none"> Nutrition Awareness Month National Credit Education Month Colorectal Cancer Awareness Month 	<ul style="list-style-type: none"> Employee Appreciation Day – 3rd National Sleep Awareness Week LGBTQ+ Health Awareness Week
Mental Health & Well-being	April	<u>Stress Awareness Month</u>	<ul style="list-style-type: none"> Alcohol Awareness Month Financial Literacy Awareness Month 	<ul style="list-style-type: none"> National Earth Day - 22nd Infertility Awareness Week – 23rd – 29th National Volunteer week – 16th – May 7th
	May	<u>Mental Health Awareness Month</u>	<ul style="list-style-type: none"> American Stroke Month Skin Cancer Awareness Month Women's Health Month 	<ul style="list-style-type: none"> Bike to Work Day – 19th National Sun Safety Week – 23rd – 29th
	June	<u>Pride Month</u>	<ul style="list-style-type: none"> Men's Health Month Safety Month National PTSD Awareness Month 	<ul style="list-style-type: none"> Juneteenth - 17th International Yoga Day
Financial	July	<u>Finance 101</u>	<ul style="list-style-type: none"> UV Safety Month HIV Awareness Month National Minority Health Month 	<ul style="list-style-type: none"> International Self-Care Day – 24th BIPOC Mental health Month
	August	<u>Creating Financial Freedom</u>	<ul style="list-style-type: none"> National Eye Exam Month National Wellness Month 	<ul style="list-style-type: none"> World Breastfeeding Week - 1st – 7th National Financial Awareness Day – 14th
	September	<u>Creating Your Financial Legacy</u>	<ul style="list-style-type: none"> National Suicide Prevention Month Childhood Cancer Awareness Month Healthy Aging Month 	<ul style="list-style-type: none"> International Day of Charity – 5th National 401k Day - 8th
DEIB / Holistic	October	<u>Global Diversity Awareness Month</u>	<ul style="list-style-type: none"> Breast Cancer Awareness Month National bullying Prevention Awareness Month Disability Awareness month 	<ul style="list-style-type: none"> World Financial Planning Day – 5th World Mental Health Day – 10th
	November	<u>National Family Caregiver Month</u>	<ul style="list-style-type: none"> Lung Cancer Awareness Month Pancreatic Cancer Awareness Month Movember 	<ul style="list-style-type: none"> World Kindness Day – 13th World Diabetes Day - 14th
	December	<u>Reflecting on Your Resilience</u>	<ul style="list-style-type: none"> Seasonal Depression Awareness Month 	<ul style="list-style-type: none"> World AIDS Day – 1st