

Health and Wellbeing Calendar 2025



January

Cultivating connections



24 International Day of Education

Skin Care Awareness Month

February

Empowering women



4 World Cancer Day
20 World Day of Social Justice

March

Let's get moving



The Movement Challenge

1 Zero Discrimination Day
8 International Women's Day
14 World Sleep Day
17-23 Neurodiversity Celebration Week
20 International Day of Happiness

April

Path to financial wellbeing



Financial Bootcamp

2 World Autism Day
7 World Health Day
25 Anzac Day
28 World Day for Safety and Health at Work

May

Celebrating diversity and inclusion



15 International Day of Families
17 The International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT)
26 National Sorry Day
27-3 Reconciliation Week

June

Dealing with stress and burnout



5 World Environment Day
9-15 Men's Health Week

(LGBTQ) Pride Month

July

Unlock the power of sleep




6-13 NAIDOC Week
30 International Day of Friendship

Dry July

August

Eat well, be well



29 Wear it Purple Day

September

Mentally healthy every day



Be Mentally Healthy Every Day Event

10 World Suicide Prevention Day
11 R U OK? Day

October

Workplace wellness




Be Mentally Healthy Every Day Event

2 International Day of Non-Violence
10 World Mental Health Day
12-18 National Carer's Week


National Safe Work Month

November

Supercharge men's health



19 International Men's Day
25 White Ribbon Day

November 

December

Tune into self-care



3 International Day of People with Disabilities
10 Human Rights Day