

Health and Wellness Calendar | 2025



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Healthy Weight	Heart Health	Nutrition	Stress Awareness	Women's Health	Men's Health	Safe Summer Travel	Back-to-School	Healthy Aging	Breast Health	Diabetes Prevention	Healthy Holidays

ADDITIONAL HEALTH AWARENESS DATES

<p>National Blood Donor Month</p> <p>Thyroid Awareness Month</p> <p>Cervical Cancer Prevention Week <u>JAN 20-26</u></p>	<p>American Heart Month</p> <p>National Cancer Prevention Month</p> <p>Safer Internet Day <u>FEB 6</u></p> <p>National Wear Red Day for Women's Heart Health <u>FEB 7</u></p> <p>Random Acts of Kindness Day <u>FEB 17</u></p>	<p>National Nutrition Month</p> <p>National Kidney Month</p> <p>National Endometriosis Awareness Month</p> <p>World Hearing Day <u>MAR 3</u></p> <p>National Sleep Awareness Week <u>MAR 9-15</u></p>	<p>Irritable Bowel Syndrome Awareness Month</p> <p>Stress Awareness Month</p> <p>World Autism Awareness Day <u>APR 2</u></p> <p>Earth Day <u>APR 22</u></p>	<p>Mental Health Awareness</p> <p>National Asthma and Allergy Awareness Month</p> <p>National Stroke Awareness Month</p> <p>Food Allergy Awareness Week <u>MAY 11-17</u></p>	<p>Pride Month</p> <p>National Safety Month</p> <p>Family Health and Fitness Day <u>JUN 14</u></p> <p>First Day of Summer <u>JUN 21</u></p>	<p>National Grilling Month</p> <p>International Self-Care Day <u>JUL 24</u></p> <p>International Friendship Day <u>JUL 30</u></p>	<p>National Immunization Awareness Month</p> <p>World Breastfeeding Week <u>AUG 1-7</u></p>	<p>Healthy Aging Month</p> <p>Pain Awareness Month</p> <p>National Cholesterol Education Month</p> <p>World Alzheimer's Day <u>SEP 21</u></p>	<p>National Breast Cancer Awareness Month</p> <p>Healthy Lung Month</p> <p>World Mental Health Day <u>OCT 10</u></p> <p>World Osteoporosis Day <u>OCT 20</u></p>	<p>American Diabetes Month</p> <p>Chronic Obstructive Pulmonary Disease (COPD) Awareness Month</p> <p>World Pneumonia Day <u>NOV 12</u></p>	<p>National Influenza Vaccination Week <u>DEC 1-5</u></p> <p>International Volunteer Day <u>DEC 5</u></p>

Digital Campaign: A series of digital newsletters delivered weekly about specific health topics and wellness resources.

e-Tips: Monthly tips and tricks sent via email to help optimize a healthy lifestyle. [Visit our library.](#)

Healthy Recipes: Monthly recipes featuring fresh, in-season ingredients.

Live Webinar: An interactive and educational live presentation via Zoom hosted by Sutter Health providers and specialists. [View our gallery.](#)

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