

# WELLBEING CHAMPION CAMPAIGN CALENDAR 2025

## JANUARY

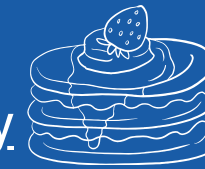


Dry January  
Brew Monday  
Cervical Cancer Screening  
Prevention Week

## FEBRUARY

Time To Talk  
Random Acts of Kindness Week

## MARCH



International Women's Day  
My Whole Self Day  
World No Smoking Day  
Nutrition & Hydration Week  
Prostate Cancer Awareness Month

## APRIL



Stress Awareness Month  
On Your Feet Britain  
Bowel Cancer Awareness  
Month

## MAY



National Walking Month  
Mental Health Awareness Week

## JUNE

Men's Health Week  
Great Big Green Week  
Loneliness Awareness Week

## JULY

Big Plymouth Travel Challenge  
Love Parks Week  
Alcohol Awareness Week

## AUGUST

Cycle to Work Day



## SEPTEMBER

Sleeptember  
World Suicide Prevention Day  
Car Free Day

## OCTOBER



Stoptober  
Work Life Week  
World Mental Health Day  
Breast Cancer Awareness Month

## NOVEMBER

International Men's Day  
Talk Money Week  
Self Care Week  
Lung Cancer Awareness Month

## DECEMBER

Tech Time Out Day  
Christmas!



This year, we are focusing on key campaigns. Refer to the 3-monthly calendar for additional campaigns. Click on each underlined campaign Scan/click the QR code for Wellbeing Champion Resources and more!

