



2024 Wellness Calendar

Wellness is about more than just physical health. To feel your best from top to bottom, you need to balance your mental and financial wellbeing, too.

The 2024 Wellness Calendar is designed to help you maintain that balance. The calendar includes nationally recognized observances that raise awareness of many common issues – including topics that tie back to Taylor’s wellness credits. You’ll learn more about these observances throughout the year.

It’s all about helping you be healthy today, secure tomorrow and confident every day.

Learn More

Watch for wellness-related news and articles each month on the [Taylor Wellness and Benefits Hub](#)

employees.taylor.com
877.252.9861
hrconnect@taylor.com



JANUARY

National Financial Wellness Month

Thyroid Health Awareness Month

FEBRUARY

National Cancer Prevention Month

Age-Related Macular Degeneration Awareness Month

MARCH

National Nutrition Month

National Kidney Month

APRIL

National Stress Awareness Month

National Child Abuse Prevention Month

MAY

Mental Health Awareness Month

National Stroke Awareness Month

JUNE

National Fruit & Vegetables Month

Employee Wellness Month

JULY

UV Safety Awareness Month

National Park & Recreation Month

AUGUST

National Immunization Awareness Month

National Eye Exam Month

SEPTEMBER

National Cholesterol Education Month

National Self Awareness Month

OCTOBER

National Dental Hygiene Month (per American Dental Hygienists' Association)

National Emotional Wellness Month

NOVEMBER

American Diabetes Month

11/21
Great American Smokeout

DECEMBER

12/6 - 12/12
National Influenza Vaccination Week

National Impaired Driving Prevention Month

2024