



2025 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 2025 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](#)

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JANUARY

National Blood Donor Month

National Financial Wellness Month

FEBRUARY

American Heart Month

National Cancer Prevention Month

MARCH

National Nutrition Month

3/9 - 3/15
Sleep Awareness Week

APRIL

Autism Awareness Month

Sexual Assault Awareness Month

MAY

Mental Health Awareness Month

Healthy Vision Month

JUNE

Alzheimer's & Brain Awareness Month

Employee Wellness Month

JULY

UV Safety Awareness Month

Park & Recreation Month

AUGUST

National Immunization Awareness Month

National Eye Exam Month

SEPTEMBER

National Suicide Prevention Month

National Self-Awareness Month

OCTOBER

Breast Cancer Awareness Month

Domestic Violence Awareness Month

NOVEMBER

American Diabetes Month

11/17 - 11/22
National Hunger & Homelessness Awareness Week

DECEMBER

HIV/AIDS Awareness Month

National Impaired Driving Prevention Month