

2026 Wise & Well Calendar

Our annual calendar brings holistic wellbeing to life by spotlighting four interconnected pillars:

- **Prevention/Physical Health**
- **Mental Health & Wellbeing**
- **Financial Wellbeing**
- **Social Wellbeing**

NFP provides educational resources that align with the designated Main Focus topic:

- Monthly Newsletter, Tips and an Infographic
- Bi-Monthly Webinars
- Monthly Employer Toolkits



Prevention/
Physical Health

Mental Health &
Wellbeing

Financial
Wellbeing

Social
Wellbeing

	Monthly Main Focus	Awareness Topics	Webinars & Toolkits	
January	Growth Through Healthy Habits & Goal Setting	<ul style="list-style-type: none"> • Blood Donor Month • Thyroid Awareness Month • Eye Care Month 	<ul style="list-style-type: none"> • Women's Health & Cervical Cancer • National Compliment Day (24th) • National Mentoring Month 	<ul style="list-style-type: none"> • W&W Webinar (1/13 at 12:00 p.m. ET) • Toolkit: Preventive Care
February	Fitness & Cardiometabolic Wellbeing	<ul style="list-style-type: none"> • World Cancer Day (4th) • Black History Month • Wear Red Day (6th) • Random Acts of Kindness Day (17th) 	<ul style="list-style-type: none"> • National Girls & Women in Sports Day (4th) • Heart Health Month 	<ul style="list-style-type: none"> • Toolkit: Nutrition Toolkit
March	Nutrition for Energy and Longevity	<ul style="list-style-type: none"> • Colorectal Cancer Awareness Month • Employee Appreciation Day (6th) • National Reading Month 	<ul style="list-style-type: none"> • International Women's Day (8th) • National Sleep Awareness Week (8th-14th) 	<ul style="list-style-type: none"> • W&W Webinar (3/10 at 12:00 p.m. ET) • Toolkit: Neurodiversity Awareness
April	Recharge Your Mind, Embrace Calm	<ul style="list-style-type: none"> • Earth Day (22nd) • World Autism Month • Alcohol Awareness Month • Neurodiversity Awareness Month 	<ul style="list-style-type: none"> • National Volunteer Month • National Humor Month • World Health Day (7th) • Stress Awareness Month 	<ul style="list-style-type: none"> • Toolkit: Mental Health & Wellbeing
May	Mental Health Awareness Month	<ul style="list-style-type: none"> • National Physical Fitness and Sports Month • Older Americans Month 	<ul style="list-style-type: none"> • National 529 College Savings Plan Day (5/29) • Brain Tumor Awareness Month 	<ul style="list-style-type: none"> • W&W Webinar (5/12 at 12:00 p.m. ET) • Toolkit: Men's Health
June	Men's Vitality & Wellbeing	<ul style="list-style-type: none"> • Alzheimer's Disease & Brain Awareness • Juneteenth (19th) • Pride Month 	<ul style="list-style-type: none"> • National Safety Month • International Yoga Day • National cancer survivor day (7th) 	<ul style="list-style-type: none"> • Toolkit: Financial Wellbeing
July	The Power of Financial Literacy	<ul style="list-style-type: none"> • UV Safety Month • BIPOC Mental Health Month • National Self-Care Day (5th) 	<ul style="list-style-type: none"> • National Parks & Recreation Month 	<ul style="list-style-type: none"> • W&W Webinar (7/14 at 12:00 p.m. ET) • Toolkit: Back-to-School/Parenting
August	Navigating Financial Wellbeing with a Purpose	<ul style="list-style-type: none"> • National Breastfeeding Month/World Breastfeeding Week • National Financial Awareness Day (14th) 	<ul style="list-style-type: none"> • National Grief Awareness Day (30th) • National Wellness Month 	<ul style="list-style-type: none"> • Toolkit: Suicide Awareness
September	Invest in You: Your Life, Your Legacy	<ul style="list-style-type: none"> • National Suicide Prevention Month • Healthy Aging Month • Childhood Cancer Awareness Month 	<ul style="list-style-type: none"> • National 401(k) Day (9/11) • Recovery Awareness Month • National Family Health & Fitness Day (28th) 	<ul style="list-style-type: none"> • W&W Webinar (9/8 at 12:00 p.m. ET) • Toolkit: Women's Health
October	Women's Vitality & Wellbeing	<ul style="list-style-type: none"> • Breast Cancer Awareness • World Mental Health Day (10th) • Cybersecurity Awareness Month • Dental Hygiene Month 	<ul style="list-style-type: none"> • World Inclusion Day (10/10) • Substance Abuse Prevention Month • Menopause Awareness Month 	<ul style="list-style-type: none"> • Toolkit: Caregiving
November	The Caregiver's Compass	<ul style="list-style-type: none"> • National Family Caregiver Month • Movember • Great American Smokeout! (19th) • Lung Cancer Awareness Month 	<ul style="list-style-type: none"> • Diabetes Awareness Month • Veterans Day (11th) • World Kindness Day (13th) 	<ul style="list-style-type: none"> • W&W Webinar (11/10 at 12:00 p.m. ET) • Toolkit: Tobacco & Nicotine Cessation
December	Cultivating Gratitude Throughout the Season	<ul style="list-style-type: none"> • Seasonal Depression Awareness Month • International Volunteer Day (5th) • International Day of Persons with Disabilities (3rd) 	<ul style="list-style-type: none"> • Giving Tuesday (1st) 	<ul style="list-style-type: none"> • Toolkit: Substance Use Prevention