

# 2025 Wellbeing Calendar.

**An engaging health and wellbeing experience delivered via our dedicated platform and app. Each week we invite guest experts to discuss a range of fascinating topics. The series is available live or on demand so colleagues can access whenever, wherever they need to.**



## Here's a look at what's coming in 2025!

One additional topic per month will be released throughout the year to ensure we can produce content that is both relevant and responsive.

### January

The Sober Curious Movement  
Ready, Set, Invest!

### February

Safer Internet Day  
Facing Loneliness Together

### March

International Women's Day  
World Sleep Day

### April

Neurodiversity:  
How to Be More Inclusive  
Workplace Wellbeing Day

### May

Mental Health Awareness Week  
Family Planning for Summer

### June

The Power of Pride  
Men's Health Week

### July

Summer Cooking Series Part 1  
Summer Cooking Series Part 2

### August

Budgeting Basics  
The Stigma of Addiction

### September

World Suicide Prevention Day  
Heart Health

### October

World Mental Health Week  
World Menopause Day

### November

Stress Awareness Day  
Financial Check-In

### December

International Day of Persons  
with Disabilities  
Gratitude and self-care during  
the festive season